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Compiled by the Health Sciences Institute research team.

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Report 1

Beyond Chemotherapy

*New Cancer Killers,
Safe as Mother's Milk*

BEYOND CHEMOTHERAPY

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Cancer: one of the most feared diagnoses in medicine today and, unfortunately, one of the most common. Every day too many individuals hear the words, “You have cancer.” The good news is that the majority of them will survive it. In fact, there are 10 million cancer survivors in the United States alone. Although cancer still ends lives prematurely, the rate of deaths from some important cancers is falling. With better and earlier detection as well as a wide range of conventional and alternative treatments, cancer is a treatable disease.

Although science is constantly improving and refining chemotherapy drugs and radiation technology, the success rates of these therapies could be better. Fortunately, there are gentler and even more effective ways of dealing with cancer. In the following pages, you will find the latest updates and late-breaking research on new breakthroughs in the fight against cancer.

Chapter 1

The lactoferrin miracle

We’re on the verge of a major medical breakthrough with lactoferrin.

Because of this unique extract, much of what we now consider state-of-the-art medicine—such as radiation, antibiotics, and chemotherapy—may eventually seem as primitive as bloodletting.

If lactoferrin proves to be as powerful as it promises to be, many deadly diseases that haunt our thoughts today will no longer frighten us.

Where does lactoferrin come from and how does it work?

From the moment you were born, lactoferrin—an iron-binding protein found in breast milk (colostrum)—was your first shield against infection and disease and your primary source of immune-system chemicals.

The primary task of your immune system is to survey your body—organ by organ, tissue by tissue, cell by cell—to make sure that only the cells that are supposed to be there . . . are. When a healthy immune system recognizes a foreign substance—a virus or cancerous cell—it immediately fights to eliminate it.

Researchers discovered the significance of lactoferrin to the immune system while researching another mysterious biological phenomenon: pregnancy.

What’s so mysterious about pregnancy?

Until recently, scientists had been baffled by the

fact that a woman’s body doesn’t normally reject a fetus, which naturally contains the foreign antigens of the father. But the puzzle is beginning to unravel: Science has discovered that shortly after conception, a woman’s immune system is down-regulated. This is why her body does not reject the fetus as “foreign” matter. (For this reason, pregnant women should not take lactoferrin.) Immediately after delivery, however, her body produces colostrum, or the first milk, which restores her immune system and provides powerful immune chemicals to the infant. Lactoferrin is the primary immune-system chemical in first milk.

Studies have shown that the mother’s or first milk is the only source from which an infant can get these significant immune substances. Synthetic formulas can’t offer the same nutritional, immunological, or physiological value, despite efforts to produce formulas that mimic breast milk as closely as possible.

How critical are these immune factors?

Scientists still haven’t established all the long-term effects of formula feeding, but research has shown that, in both developed and undeveloped countries, infants who are not breast-fed suffer higher rates of childhood infections and tend to have higher incidences of iron-deficiency anemia. Studies also show that people with lactoferrin deficiencies succumb

early in their lives to infections that most people routinely fight off.

But lactoferrin provides a unique benefit for people of all ages. As an adult, your body continues to produce this immune chemical. It's found in tears, perspiration, the lining of the intestinal tract, and the mucous membranes that line the nose, ears, throat, and urinary tract—any place that is especially vulnerable to infection.

It's also found in certain white blood cells, called neutrophils, that surround and kill bacteria and viruses. We know, for example, that a systemic bacterial infection is accompanied by a rapid rise in lactoferrin. Whenever your skin is cut, for example, white blood cells are drawn to the area, where they release granules containing lactoferrin. The lactoferrin binds to iron, which immediately halts the bacterial growth.

Lactoferrin also acts as an antioxidant—and, like any antioxidant, it works to prevent free radicals from destroying cells in your body.

Unraveling the healing mystery of lactoferrin

Lactoferrin has at least two specific immune-boosting functions:

- It binds to iron in your blood, keeping it away from cancer cells, bacteria, viruses, and other pathogens that require iron to grow. The lactoferrin protein is able to sequester and release iron as needed, under controlled conditions. This property helps prevent harmful oxidative reactions, making lactoferrin a powerful antioxidant.
- It activates very specific strands of DNA that turn on the genes that launch your immune response. This is such a rare and surprising action that there is no other kind of protein like it. Lactoferrin is in a class by itself.

Lactoferrin also contains antibodies against a wide range of bacterial, fungal, viral, and protozoal pathogens. In effect, the lactoferrin protein backs budding cancer cells or bacteria into a corner . . . starves them and sends out a signal to your white blood cells that says, "It's over here! Come and get it!"

State-of-the-art techniques in cellular and molecular biology have recently allowed us to isolate lactoferrin from the "first food of life." The commercially available preparation is in a form in which the food hasn't been chemically altered.

Widely used to support recovery from malignancies in animals

Numerous studies on rats and patient case histories have documented the benefits of lactoferrin in helping to combat many types of malignancies.^{1,2}

Many holistic practitioners use it and achieve great effects by combining it with other immune-enhancing natural tumor-fighting therapies. In one case, a leukemia patient (labeled the worst case the Mayo Clinic had seen in 20 years) had his condition reversed on lactoferrin. His white blood count rose, and his problems disappeared. This seemingly "hopeless" case was transformed into a remarkable recovery.

Other case histories indicate that the negative effects of conventional treatments like chemotherapy and radiation are drastically reduced or eliminated with supplemental lactoferrin. (The amounts of lactoferrin used in these reported cases range from 500 to 1500 mg a day.) Again, it should be noted that lactoferrin appears to be perfectly safe, even in high doses.

What else can you use it for?

Other clinical and case studies have shown that lactoferrin...

- contains an anti-inflammatory molecule—which means it can help if you suffer from the pain and debilitation of joint inflammation³
- plays a role in lessening ocular disturbance, which means it may help with vision problems⁴
- acts as a potent antimicrobial agent against *Candida albicans*⁵
- shows potent antiviral activity useful in reducing your susceptibility to viruses, including herpes and HIV⁶

If you're wondering how safe lactoferrin is, remember that it is nontoxic and is well-tolerated by nursing infants.

Should you take it as a daily preventive?

There are many everyday threats that wear down the immune system—such as environmental toxins, emotional and physical stressors, and genetic problems. Taking 100 mg of lactoferrin each day at bedtime, however, can help upgrade your immune system, so you can take full advantage of your natural defenses in a world full of potential health threats. For use in cancer recovery, up to 1500 mg a day can be taken without fear of side effects. And unlike

penicillin or other synthetic drugs, your body will not become immune to the effects of lactoferrin, because it's something your body is familiar with and knows how to handle.

Since lactoferrin is a natural substance, large pharmaceutical companies aren't able to patent it and make millions. But it's available from a limited number of suppliers in the United States, and it shouldn't be overlooked as a powerful tool in the fight against

serious diseases. The wonderful truth is that your body can fend for itself...when given the chance. Lactoferrin can give it that chance, while adding a powerful healing kick to your immune system at the same time. If you're suffering from a serious illness, you should be working with a physician on a complete treatment program. For information on purchasing lactoferrin, refer to the Member Source Directory at the back of this report.

Chapter 2

The heart disease test that detects cancer

You have probably read about the “new” C-reactive protein (CRP) blood test that can help predict heart disease risk. CRP's use as a marker for cardiovascular problems may be relatively new, but scientists have known the value of CRP for indicating the presence of inflammation for more than 60 years.

Now a study shows that a CRP test may also be a good indicator of risk for a very common type of cancer—and it's a cancer that's more successfully treated when caught early.

An important “clue” in the fight against cancer

C-reactive protein is produced by the liver in response to inflammation. Over the years, researchers have found high levels of CRP to be associated with various chronic health problems, including stroke and diabetes. A team headed by researchers at the Johns Hopkins Bloomberg School of Public Health, reported on a population-based study designed to see if there's a link between elevated CRP levels and colorectal cancer.

Researchers used data collected from a study called CLUE II (named for a campaign called “Give Us a Clue to Cancer and Heart Disease”), conducted in Maryland. The records of nearly 23,000 adults included blood tests and health questionnaires. Additional data was gathered on the subjects for more than 10 years.

The Hopkins team identified 172 cases of colorectal cancer, and compared the data for these cases against 342 control subjects who were cancer-free, but matched the cancer subjects by age, sex and race.

The results showed that CRP levels were about the same among those with rectal cancer and subjects in the control group. But researchers determined that

CRP levels were significantly higher among those with colon cancer. Overall, the highest levels of CRP indicated double the risk of developing colorectal cancer and two and a half times the risk of colon cancer, compared with subjects with the lowest CRP levels.

Writing in a recent issue of the *Journal of the American Medical Association*, Thomas P. Erlinger, M.D. (lead author of the study), noted that although elevated CRP was clearly linked to colorectal and colon cancer risk in this study, further research is needed in order to define exactly how CRP measurements might be used in screening and prevention of the diseases.

A simple blood test is all you need

Because CRP levels can be measured with a simple blood test, this inflammation marker is quickly becoming one of the most critical tools in assessing risk of chronic health problems. So the next time you have a physical exam, ask your doctor to check your CRP. If it's elevated, and if you also have a family history of colorectal cancer, your doctor will probably suggest that you have a colonoscopy exam—especially if you're over the age of 50.

The importance of managing the development of colon polyps can't be overstated. An estimated 10% of all cancer deaths in the U.S. are the result of colorectal cancer, and the key to prevention of the disease is colonoscopy, which not only looks for cancer polyps, but also removes them. When precancerous polyps are removed, the risk of developing colorectal cancer is sharply reduced.

Vitamin D may be the key to prevention

A study of more than 3,000 subjects, aged 50 to 75 years, who were screened for colon cancer. Using dietary questionnaires, researchers found a clear association between vitamin D intake of more than 645 IU per day and a reduced risk of colon cancer. Those who had the greatest protection also used multivitamins, exercised regularly, and had diets with high fiber content. Moderate sun exposure, wild salmon and cod liver oil supplements are excellent sources of vitamin D.

Multivitamin use was also examined in a 2003 study conducted by the American Cancer Society. More than 145,000 subjects participated in the study that ran between 1992 and 1997. Researchers found that among subjects who began taking multivitamins just prior to the 1992 enrollment, there was no association with a reduced risk of colorectal cancer. But the participants who had reported regular multivitamin use (4 or more times per week) in the early 80s,

fared much better: their group had a 30 percent reduced risk of the cancer.

A University of Minnesota study of more than 1,700 subjects that showed how a diet containing ample amounts of fruits and vegetables may be a significant factor in preventing precancerous polyps from developing into cancer. Results also showed that women who drank the most fruit juice reduced their risk of developing polyps by half. The researchers speculate that the high folate intake from orange juice probably contributed to this resistance to polyp development. Why this “juice effect” didn’t hold true for men couldn’t be answered by the study.

Exactly how CRP levels may be affected by dietary factors, multivitamin use and vitamin D remains to be seen. In the meanwhile, it appears that the growing importance of CRP now includes a novel way to help predict colorectal cancer.

Chapter 3

Modified citrus pectin: halt the most lethal process on Earth

Metastasis has been referred to as the most lethal process on earth. If it happens in your body, most doctors will consider you a grim case, at best, because it refers to the spread of tumor cells from their point of origin (say, the prostate) to other organs in your body (say, to your lungs). Rarely do cancer patients die before their cancer has begun to reach out to other body parts (or metastasize). Once cancer has begun to metastasize, however, it’s not easy to stop.

Traditional weapons against metastasis—surgery, radiation, and chemotherapy (the slash, burn, and poison paradigm)—are generally considered “hit or miss.” For some cancers, they may work fairly well, but even doctors who use standard treatments admit it’s very difficult to target these therapies effectively. In actuality, surgery itself may cause the cancer to spread if the process hasn’t already started. Radiation and chemotherapy, meant to kill wandering cancer cells, are not discriminating and kill healthy cells in the process.

The side effects of these essentially unproven treatments can include nausea, weight loss, depression, and even a critically weakened immune system. But do they work?

The truth is that, despite billions of dollars spent, death rates for the major killers—lung, breast, and colon cancers—have remained essentially the same or have increased since the turn of the century. According to the U.S. National Cancer Institute, five-year relative survival rates for cancer have barely budged in the past 20 years.

Finally, scientists are finding answers to important questions about the mechanisms of cancer activity, including metastasis. Research has revealed that cancer cells require special connections with normal cells in order to establish new tumor-cell colonies in other areas of the body. Various stages of this process are mediated by cell-surface components, such as carbohydrate-binding proteins.¹

Researchers have discovered that modified citrus pectin (MCP), which is rich in certain simple sugars, acts as an “antiadhesive agent” to prevent the cell interactions necessary for the transport and growth of tumor cells to secondary sites in the body. Simply put, MCP targets compounds in your body that help tumor cells grow and spread.

Research results are pouring in

Studies confirm that modified citrus pectin is the first nontoxic therapy that naturally and specifically interferes with metastasis, one of the most lethal processes on earth.

Prostate cancer

In an experiment at the University of Michigan Medical Center, rats were injected with a million prostate-tumor cells. Normally, metastasis would occur 10 to 12 days after injection and they would die 13 to 15 days after the cancer had affected the lungs and lymph nodes.

In this study, the experimental animals received varying concentrations of modified citrus pectin in their drinking water. Some were given no MCP, some received 0.1 percent MCP, and some received 1.0 percent MCP. There was a significant reduction in lung cancer in the animals given MCP in their drinking water for 30 days. While 15 of 16 receiving no MCP developed lung cancer in that time period, only half of those receiving 0.1 percent MCP developed lung metastases. And only one of the rats receiving the 1.0 percent MCP solution developed lung metastases.²

Lymph-node metastasis was also significantly reduced. Whereas 55 percent of the control animals developed lymph-node disease, only 13 percent of those treated with modified citrus pectin did. No toxicity was reported in any of the animals.

And the truly promising—and fascinating—news is this: The cancer-causing compound that MCP destroys in rat prostate cancer cells (galectin-3) is also

present in human tissues, including human prostate tumors. In other words, MCP may prove to work exactly the same way in human male prostate tumors as it does in rat prostate tumors.

Skin cancer

Skin cancer is the fastest-growing cancer in the world. MCP may one day help us slow the progress of this deadly disease. In a study where they also injected MCP, metastasis was decreased 90 percent. In those mice who did not receive MCP along with the cancer-causing substance, tumor colonies increased as much as 300 percent.³

Immune function

A number of published papers show that MCP not only inhibits the growth and spread of cancer cells but also augments your body's natural immune response.

There is also evidence from tissue-culture studies, conducted at the Max Planck Institute in Tübingen, Germany, that MCP can enhance the activity of the body's own killer cells.

Important note: Don't confuse MCP with natural citrus pectin (the kind that is commonly available in health-food stores). MCP has been tested extensively against natural citrus pectin, and the studies have shown that the latter does *not* have the same immune boosting, cancer-killing effects.

To find out where you can obtain MCP, refer to the Member Source Directory at the back of this report. The recommended amount is 15 grams (or 3 rounded teaspoons) per day.

Chapter 4

Guacatonga—breakthrough from the Amazon

Maybe you've heard of Taxol®. It's a prescription drug used to fight cancer, particularly cancer of the ovary, breast, and lung.

But what you might not know is that Taxol is derived from a plant source: the bark of the Pacific yew tree. Researchers first identified the bark's anti-tumor potential in 1963—and then it took the pharmaceutical industry nearly 30 years to bring Taxol to market.

Now, we've learned that the same forces that developed Taxol are on the trail of a new novel cancer-fighter. That's good news for cancer patients—but it

gets even better. We've got a direct route to the natural source, so you don't have to wait a decade or more while the drug companies wade through red tape. And, through a special arrangement, we can make this promising new anticancer therapy available right now to those who need it most.

Research shows plant from the Amazon can fight cancer

Casearia sylvestris is the Latin name for a small tree that grows in the wilds of the Amazon. It's been

known by a variety of other names in various cultures, but it's perhaps best known by the name guacatonga. The bark, leaves, and roots of this tree have long been part of the herbal medicine traditions in the lands where it grows. But it's the leaves and twigs that have caught the attention of some of the mainstream's heavy hitters—groups like the National Cancer Institute, Research Triangle Institute (the group that uncovered the power of the Pacific yew), and Bristol-Myers Squibb (the pharmaceutical company that produces Taxol).

The February 2002 issue of the *Journal of Natural Products* includes a study funded by an NCI grant and administered by scientists from RTI and Bristol-Myers Squibb, along with researchers from the University of Illinois at Chicago and a university in Ecuador. The study identifies “three novel clerodane diterpenoids” in guacatonga that show “promising bioactivity,” particularly in tests against a variety of tumor cell lines.¹

The science behind guacatonga is quite complex, and so is the trail of research on the plant that spans nearly 20 years. Like this new study, most of it focuses on clerodane diterpenoids, a class of hydrocarbon

compounds found in many types of plants.

A group of scientists at the Tokyo College of Pharmacy were actually the first to find the clerodane diterpenoids in guacatonga. In 1988, these researchers identified three unique clerodane diterpenoids in the plant, which they labeled casearins A, B, and C. Then they conducted a series of animal trials to assess the efficacy of these casearins against cancer. They tested an ethanol-based casearin extract against sarcoma and various other human cancer cell lines. And in all cases, they reported that the guacatonga showed promising cytotoxic and anti-tumor activity.² In fact, the scientists were so encouraged by their findings that they filed a Japanese patent on the three clerodane diterpenoids they found in the plant.

For some unknown reason, the Japanese scientists never pursued their patent. But because it remained in place, other research groups were reluctant to pursue further study on guacatonga—until now. The RTI research identified three new clerodane diterpenoids, which they labeled casearvestrins A, B, and C. And the effects of these three newly discovered compounds were quite impressive. All showed cytotoxic effects against lung, colon, mouth, and ovarian

More pieces in guacatonga's healing puzzle

While research into guacatonga's anticancer benefits lay dormant, scientists continued to study the plant's other medicinal uses. And they found compelling evidence to support guacatonga's healing power in a number of areas.

In traditional herbal medicine, guacatonga has long been a remedy for stomach ailments and ulcers. Now modern science supports that claim. In a Brazilian trial, researchers found that guacatonga extract was as effective as several prescription drugs in preventing stress-induced stomach ulcers in laboratory mice. They determined that guacatonga protected against ulcers by inhibiting gastric secretions and reducing

hydrochloric acid output.⁵

Guacatonga is also traditionally used to treat bites from poisonous snakes and insects—a common problem in the rainforests of the Amazon. Researchers have found significant evidence to support this application. Scientists at the Universidade Federal de Uberlandia in Brazil, found that guacatonga extract significantly inhibits phospholipase A2 (PLA2), an enzyme that is widely distributed in venoms. In laboratory tests, guacatonga effectively inhibited the anticoagulant activity of PLA2 and partially reduced the swelling associated with snake bites.⁶

Phospholipase plays many roles in the body, and guacatonga's abil-

ity to inhibit this enzyme may explain many of its beneficial effects. For example, PLA2 is also present in digestive pancreatic secretions—a possible link to guacatonga's benefits in combating stomach ulcers. Another type of PLA2 (known as PLA2 Type II) is thought to play a role in the genesis of inflammation, and another type of phospholipase, Type C, is a highly toxic secretion of some disease-causing bacteria.

Although researchers don't understand how all the pieces fit together, it's clear that guacatonga contains some powerful phytochemicals.

cancer cells in laboratory tests, when compared to controls.³

There are still many unanswered questions about exactly how the phytochemicals in this rainforest plant fight cancer. Some studies have suggested that the clerodane diterpenoids in the plant may kill cancer cells by damaging their DNA.⁴ Another study found that the leaves and twigs of guacatonga contain another phytochemical called lapachol, the active ingredient in yet another Amazonian anti-cancer plant called pau d'arco.

New trial gives direct access to guacatonga right NOW

All this is very interesting...but how can it help you? Even with promising results like these, we're years away from seeing RTI and Bristol-Myers Squibb translate this information into treatment. After all, it took them almost 30 years to develop Taxol.

But if you're fighting cancer now, you don't have to wait. At least, not for long. Because when HSI panelist Leslie Taylor learned about the work being done with guacatonga, she started doing some work of her own. She learned that the shamans of Indian medicine had been using the plant for centuries to treat all manner of ailments, including ulcers, inflammation, pain, and snake and insect bites. She learned that research by Brazilian scientists have found no evidence of any toxicity or side effects from the plant. And she located a source for guacatonga in its natural state, a source that can provide the plant's power right away.

Early imports available to select few

In February 2003, Raintree Nutrition, Inc., had just begun to import guacatonga and was still working out the details of production. Ms. Taylor expected the product to be ready soon, but in the meantime, she offered it on a limited basis to those who may need it the most.

She recruited 15 doctors from across the country to participate in an informal trial of guacatonga on sarcoma patients. Remember, the original Japanese research back in 1988 showed that guacatonga was effective against sarcomas in laboratory mice. And sarcomas are some of the deadliest of all human cancers, so finding potential treatments for its victims is even more critical. Ms. Taylor agreed to provide a free supply of guacatonga to these patients, and their doctors agreed to track their progress over a 90-day course of treatment and supply the results to Raintree. Through special arrangement with HSI, Ms. Taylor extended this offer to our members and their loved ones as well. See the Member Source Directory at the back of this report.

Tracking the trial results

Results on the Raintree guacatonga trial should be available by the time Raintree is prepared to offer guacatonga to a wider audience. In the meantime, we're hopeful that this new discovery will make a difference for these sarcoma patients—and in the near future, for many other people as well.

Chapter 5

"Off the shelf" cancer cure emerges

One of the best known natural therapies for liver disease may hold the key to fighting today's most common and dreaded cancers.

Silymarin, a constituent of milk thistle (and artichokes), has been used for 2,000 years to treat liver disorders—and that's still what it's most commonly known for today. But in 1994 researchers discovered that it was also a powerful killer of colon and skin cancer.^{1,2} Since then, laboratory tests and animal studies have shown silymarin's anticarcinogenic effect against breast and prostate cancers, as well.³

The most convincing study HSI found stated that silymarin "exerts exceptionally high to complete

anticarcinogenic effects" against epithelial cells, which can develop into breast cancer.⁴

Although many studies of herbs center around their eventual development into prescription drugs, one of the researchers participating in several of the silymarin studies says that you can get "cancer prevention by dietary agents." That means milk thistle products already on store shelves may help battle cancer.

Milk thistle can be purchased at most vitamin or health food stores. Be sure to buy a standardized version that's at least 80 percent silymarin. It's available in capsules, tea, or edible seeds.

Note: If you're already suffering from cancer or under a physician's care, check with him or her before taking this or any other herb. Studies show that some chemotherapy agents have a synergistic effect with silymarin and may increase the drug effects. If you're taking drugs known to cause liver

damage (like statin drugs or acetaminophen), milk thistle may help repair and prevent future damage. Again, remember to check with your doctor before supplementing. For ordering information see the Member Source Directory.

Chapter 6

Hybridized mushroom extract destroys cancer cells and provides powerful immune protection

Until now, the only way to get access to this remarkable immune booster was to live in Japan. For the last five years in Japan, people with cancer, AIDS, and other life-threatening illnesses—as well as healthy people who want to stay that way—have been revving up their immune systems, destroying tumor cells, and preventing cancer and other illnesses with a powerful extract called AHCC (activated hexose correlate compound). Now, AHCC is available to consumers in the United States.

AHCC is an extract of a unique hybridization of several kinds of medical mushrooms known for their immune-enhancing abilities. On their own, each mushroom has a long medical history in Japan, where their extracts are widely prescribed by physicians. But when combined into a single hybrid mushroom, the resulting active ingredient is so potent that dozens of rigorous scientific studies have now established AHCC to be one of the world's most powerful—and safe—immune stimulators.

In vitro, animal, and human studies confirm that AHCC effectively works against and, in some cases, even prevents the recurrence of liver cancer, prostate cancer, ovarian cancer, multiple myeloma, breast cancer, AIDS, and other life-threatening conditions, with no dangerous side effects.¹ In smaller doses, AHCC can also boost the immune function of healthy people, helping to prevent infections and promote well-being.

Many health problems, including those previously thought to be unrelated to the immune system, are now known to result from some degree of immune deficiency. Subtle to severe immune dysfunction can combine with other factors to cause many illnesses, including:

- Recurrent infections, such as colds, flu, and parasites
- Slow healing wounds
- Digestive problems
- AIDS

- Gum disease
- Heart disease
- Peptic ulcer
- Multiple sclerosis
- Auto-immune illnesses
- Cancers

The cutting edge in medicine today is to shift away from disease-specific interventions and focus on the fundamental, underlying causes of health and disease: the proper functioning of interdependent body systems, such as the nervous system, the endocrine system, and the immune system.

Calling up your first line of defense

Our immune systems stand between us and the rest of the world. Without it, our bodies would be overrun by bacteria, viruses, parasites, fungi, and other invaders, infections would rapidly spread, and cancer cells would proliferate. Like a highly responsive and well-coordinated army, our immune systems are composed of a variety of specialized immune cells that identify, seek out, and destroy microbes, pathogens, and tumor cells.

First on the scene of possible trouble are the phagocytes and natural killer (NK) cells, which respond quickly to potential threats. Often referred to as the body's "front-line defense," these cells are constantly on the look out for any suspicious substances. NK cells latch onto the surface of substances or the outer membranes of cancer cells and inject a chemical hand grenade (called a granule) into the interior. Once inside, the granules explode and destroy the bacteria or cancer cell within five minutes. Itself undamaged, the NK cell then moves onto its next victim. In its prime, a NK cell can take on two cancer cells at the same time, speeding up the process.

Recent research shows that as we age, our immune systems function less efficiently. In particular, the ability of our NK cells to respond quickly and effectively declines with age and illness. When NK cells

lose their ability to recognize or destroy invaders, health can deteriorate rapidly. Moderately low to dangerously low NK cell activity levels have been found in people with AIDS, cancer, immune deficiency, liver disorders, various infections, and other diseases. Because measurements of NK cell activity are closely correlated with one's chances of survival, anything that helps increase NK cell activity may help people treat, recover from, and/or prevent these illnesses.

Research finds remarkable immune system boost in multiple ways

Scientific studies of the extract AHCC, published in respected peer-reviewed journals such as *International Journal of Immunology*, *Anti-Cancer Drugs*, and *Society of Natural Immunity*, have established the health benefits and safety of AHCC more conclusively than nearly any other natural supplement.²⁻⁴ What is especially remarkable about AHCC is that it consistently and effectively boosts immune system function. Specifically, AHCC:

- Stimulates cytokine (IL-2, IL-12, TNF, and INF) production, which stimulates immune function.
- Increases NK cell activity against diseased cells as much as 300 percent.
- Increases the formation of explosive granules within NK cells. The more ammunition each NK cell carries, the more invaders it can destroy.
- Increases the number and the activity of lymphocytes, specifically increasing T Cells up to 200 percent.
- Increases Interferon levels, which inhibits the replication of viruses and stimulates NK cell activity.
- Increases the formation of TNF, a group of proteins that help destroy cancer cells.

These dramatic immune effects translate into profound health benefits. A 1995 clinical trial reported in the *International Journal of Immunotherapy* showed that 3 grams of AHCC per day significantly lowered the level of tumor markers found in patients with prostate cancer, ovarian cancer, multiple myeloma, and breast cancer. This study documented complete remissions in six of 11 patients and significant increases in NK cell activity in nine of 11 patients. T and B cell activity levels also rose considerably.⁵

AHCC shown to prevent the recurrence of liver cancer

The latest, and most extraordinary AHCC research results were presented at the 33rd Congress of the European Society for Surgical Research in 1998, regarding the treatment of liver cancer.⁶ Liver cancer was the fifth most prevalent type of cancer worldwide the prior year, yet it is fourth in terms of mortality. This difference reflects the extremely poor prognosis for this cancer, with survival rates currently only at three to five percent.

In this study, 121 patients with hepatocellular carcinoma (liver cancer), who all had their tumors surgically removed, were divided into three groups. Group A (38 patients) took 3-6 grams of AHCC per day after surgery. Group B (18 patients) began taking AHCC after recurrences of their cancers were verified. Group C (the remaining 65 patients) took a placebo.

One year after surgery, blood levels of tumor markers were significantly lower in Group A (those taking AHCC right after surgery) than in Groups B and C. After approximately three to four years (depending on when each patient entered the study), the survival rate of Group A was much higher than the survival rate of Group C (placebo).⁷ Not only did many Group A patients survive longer than patients in the other two groups, many remained entirely free of liver cancer.

AHCC now available in the United States

There are many immune stimulators on the market today, some backed by research documenting increases in NK cell activity. AHCC is one of the few that has shown the ability to promote cancer remission in human clinical trials.

With results this powerful, many people without cancer or other life-threatening illnesses, such as AIDS, also choose to take AHCC to stave off flu, herpes, and other infections, as well as to fight cancer.

After years of successful use in Japan, AHCC is available in the United States as the active ingredient in a product called ImmPower. Distributed by American BioSciences, ImmPower comes in gelatin capsules containing 500mg of AHCC (proprietary blend).

ImmPower can be taken in preventive or therapeutic doses and should be discussed with your personal

physician. For prevention, the recommended dose is one gram per day taken as one 500mg capsule in the morning and again at night. This dose will help increase NK cell activity and support immune system functioning for good health and general well-being. For those with cancer, AIDS, or other life-threatening conditions, the research indicates a therapeutic dose of two capsules in the morning, two at mid-day

and two at night for a total of 3 grams per day to jump start NK cell activity. After three weeks, the dose can be reduced to 1 gram per day (one capsule in the morning and one at night), to maintain the increased NK cell activity level. See the Member Source Directory for purchasing information.

Chapter 7

News of astounding natural cancer killer nearly squashed forever

Recently, Health Sciences Institute uncovered a remarkable story about a natural cancer killer that had been kept under lock and key for over 20 years. With this information, the future of cancer treatment and the chances of survival look more promising than ever. There's a healing tree that grows deep within the Amazon rainforest in South America that could literally change how you, your doctor, and possibly the rest of the world think about curing cancer.

Since the 1970s, the bark, leaves, roots, fruit, and fruit seeds of the Amazonian Graviola tree have been studied in numerous laboratory tests and have shown remarkable results with this deadly disease.

Several years ago, a major pharmaceutical company began extensive independent research on it. They learned that certain extracts of the tree actually seek out, attack, and destroy cancer cells. Because the natural extracts themselves could not be patented, the company labored to create a synthetic copy that showed the same promise.

After more than seven years of work behind closed doors, researchers at this company realized they couldn't duplicate the tree's natural properties with a patentable substance. So they shut down the entire project. It basically came down to this—if they couldn't make huge profits, they would keep the news of this possible cure a well-guarded secret. But one researcher couldn't bear that, and decided to risk his job with the hope of saving lives.

Seven years of silence broken

This conscience-driven researcher contacted Raintree Nutrition, a natural products company dedicated to harvesting plants from the Amazon. In the course of working with Raintree on another story, they shared the exciting Graviola breakthrough with us.

Since then, we've been looking closely into the

research to date on Graviola. One of the first scientific references to it in the United States was by the National Cancer Institute (NCI). In 1976, the NCI showed that the leaves and stems of this tree were effective in attacking and destroying malignant cells. But these results were part of an internal NCI report and were, for some reason, never made public.¹

Since 1976, there have been several promising cancer studies on Graviola. However, the tree's extracts have yet to be tested on cancer patients. No double-blind clinical trials exist, and clinical trials are typically the benchmark mainstream doctors and journals use to judge a treatment's value. Nevertheless, our research has uncovered that Graviola has been shown to kill cancer cells in at least 20 laboratory tests.

The most recent study, conducted at Catholic University of South Korea, revealed that two chemicals extracted from Graviola seeds showed comparable results to the chemotherapy drug Adriamycin when applied to malignant breast and colon cells in test tubes.²

Another study, published in the *Journal of Natural Products*, showed that Graviola is not only comparable to Adriamycin—but dramatically outperforms it in laboratory tests. Results showed that it selectively killed colon cancer cells at “10,000 times the potency of Adriamycin.”³

Perhaps the most significant result of the studies we've researched is that Graviola selectively seeks out and kills cancer cells—leaving all healthy, normal cells untouched. Chemotherapy indiscriminately seeks and destroys all actively reproducing cells, even normal hair and stomach cells, causing such devastating side effects as hair loss and severe nausea.

Grown and harvested by indigenous people in Brazil, Graviola is available in limited supply in the United States and is distributed through Raintree

Nutrition. But now, you can be among the select few in the entire country to benefit from this powerful treatment. We encourage you to consult with your doctor before beginning any new therapy, especially when treating cancer.

Graviola has been combined with seven other immune-boosting herbs in a product called N-Tense. As a dietary supplement, you should take six to eight capsules of N-Tense per day. Graviola and N-Tense

are completely natural substances with no side effects apart from possible mild stomach upset at high dosages (in excess of 5 grams) if taken on an empty stomach.

If you've been diagnosed with cancer, you and your doctor should look into all the available treatment options. Graviola could just make all the difference in beating cancer. See the Member Source Directory at the back of this report for ordering information.

Chapter 8

Discover the cancer fighting potential of Brazil's "Mushroom of God"

Nearly 30 years ago researchers began investigating a medical curiosity among the people of Piedade, Brazil. Residents of the small community near Sao Paulo enjoyed extraordinarily good health. They developed few diseases and lived unusually long lives. Outsiders began to wonder what was enhancing the Brazilians' immunity and lifespan. In their quest for an answer, researchers stumbled upon the "Mushroom of God."

Depending on which account you believe, it was either two researchers from Penn State or Taktoshi Furumoto, a Japanese farmer living in Brazil, who solved the puzzle. He (or they) zeroed in on a small, wild mushroom that locals ate regularly, believing it fostered good health. It was commonly known as Cogumelo de Deus or Cogumelo do Sol—Mushroom of God or Mushroom of the Sun.

Regardless of who discovered it, it was Japanese researchers (doctors from Tokyo University and Japan's National Cancer Center, in particular) who eventually subjected the mushroom to pharmacological testing. They reported that the mushroom, which eventually acquired the botanical name *Agaricus Blazei Murill* (ABM), could be a potent immune-builder and cancer-fighter.

To date, ABM has not been used in any human clinical trials. All research has been performed in petri dishes or laboratory animals. However, news of this rare medicinal mushroom has already prompted between 300,000 and 500,000 Japanese people to supplement with ABM, hoping to prevent cancer or stop the disease from recurring. Numerous others consume it regularly reportedly to avoid infection, diabetes, hyperlipidemia, chronic hepatitis, and arteriosclerosis.

ABM enhances the immune response to protect you from cancer

In recent years, Japanese research has confirmed that ABM contains a host of health-promoting components: vitamins B₁ and B₂, niacin, phosphorous, iron, calcium, protein, amino acids, and ergosterol (which converts into vitamin D₂ when the mushroom is dried). But most importantly, the researchers discovered that ABM contains large quantities of active polysaccharides—complex carbohydrates, most commonly found in foods like wheat, rice, and potatoes that stimulate the immune system to fight off bacterial and viral illnesses.¹

ABM stimulates the immune system by triggering the production of:

- T-cells, which directly attack cells that have been taken over by viruses or cancers²
- Interleukin, which bolsters the immune system by stimulating the growth and activity of white blood cells
- Tumor necrosis factor (TNF), which activates white blood cells and fights tumors
- Macrophages, which protect the body from infection by consuming foreign material.³

Obviously, a list of *in vitro* and animal studies (with no human trials in the mix) is not proof that ABM is an effective cancer treatment. Products, whether they are natural or pharmaceutical, need to pass more extensive and rigorous testing to support such a claim.

In several studies, however, ABM has stimulated animals' immune systems and arrested the growth of their tumors. And in the past, HSI has documented the ability of other medicinal mushrooms, such as AHCC, to build immunity and help people fight

cancer (see Chapter 6 of this report or search online at www.HSIonline.com). We don't know yet if ABM will eventually rank with those health-promoting mushrooms. But the preliminary evidence was compelling enough that we decided to analyze it and report the findings to you.

Retard tumor growth by 90 percent in just three weeks

At Japan's Ehime University School of Medicine, researchers tested ABM's impact on tumors. Twenty days of treatment with certain ABM extracts (800 mg/kg per day taken orally) retarded tumor growth in cancerous mice between 80 and 90 percent. The researchers determined that the tumor-retarding agent was ergosterol, a steroid alcohol that occurs naturally in mold and yeast.

So they conducted a second experiment, giving oral doses of ergosterol (between 100 and 800 mg/kg) daily to tumor-bearing mice for 20 days. The treatment "significantly reduced tumor growth" in a dose-dependent manner. Mice given the largest doses experienced 85.5 percent less tumor growth than mice treated with placebos. The ergosterol, however, did not destroy cancer cells directly. Instead, it inhibited the development of new blood vessels within the tumor—a process that can stop and eventually reverse tumor growth. The treatment also produced another benefit: After 20 days of treatment none of the mice were suffering any of the side effects typically induced by chemotherapy drugs.⁴

Using guinea pigs as guinea pigs

Cancerous guinea pigs experienced even greater recovery rates—over 99 percent—when they were treated with ABM. Researchers from Tokyo College of Pharmacy, Tokyo University, and Japan's National Cancer Center Laboratory injected cancer cells into the femur (thighbone) of each pig—a procedure that normally causes cancer to spread throughout the animal's body within four to five weeks.

Twenty-four hours later (once the cancer cells were embedded in the animals' tissue), the researchers gave the pigs ABM injections and continued to give them daily injections for 10 consecutive days. Five weeks later, 99.4 percent of the guinea pigs had fully recovered from the cancer.⁶

Other scientists tested ABM's ability to fight cancer by first injecting tumor cells in both the right

Could this Brazilian mushroom hold the secret to better chemo?

If ABM shows such promise on its own for fighting cancer, it seems logical to assume that it could enhance the effects of conventional cancer treatments. But when it comes to your health, assuming isn't nearly enough.

At Mie University in Japan, researchers conducted a series of tests with ABM and the cancer chemotherapy drug, 5-fluorouracil (5-FU). Administered alone (at a dosage of 10 mg/kg for 30 days), the ABM extract moderately inhibited tumor growth in cancerous mice. Treatment with both ABM and 5-FU strongly inhibited tumor growth in the mice.

The more interesting results, however, centered around ABM's effects on 5-FU. First, it prolonged the action of 5-FU, which, like many chemotherapy drugs, is only effective on its own for a short period of time. Second, it offset the drastic immune-system weakening usually caused by chemotherapy. At the end of the experiment, mice treated with the ABM/5-FU combination showed "significantly increased" numbers of immune-modulating cells compared to the mice treated with saline only.⁵

and left flanks of laboratory mice. The scientists then injected ABM fractions into the mice, but only into their right-flank tumors. The injections inhibited tumor growth in the right flank, and even caused regression in some cases. But the treatment also inhibited growth of left-flank tumors. The researchers who were based at Japan's Miyagi Cancer Center Research Institute, speculated that the ABM had triggered the immune system to unleash more white blood cells to all cancerous areas, not just those specifically injected with the extract.⁷

Granted, that's a lot of speculation. And all of these trials may make you want to give thanks you're not a rodent living anywhere near a Japanese laboratory. But the dramatic results shown by the mice and guinea pigs tested certainly seem reason enough to investigate ABM further to determine if it's anywhere near as promising for us humans with cancer.

Extreme growing conditions make mushroom a rare commodity

Unfortunately, accessing supplies of ABM mushrooms or ABM supplements has been difficult. For decades, growers were unable to successfully cultivate this wild mushroom. It typically thrives in extreme conditions—intense Brazilian sunlight, humidity averaging 80 percent, and temperatures that soar to 100 degrees during the day and drop to 68 degrees overnight. It was only in the early '90s that growers devised a method of producing biologically active ABM mushrooms in beds of pasteurized horse manure and sugar cane residue (hardly appetizing, but reportedly it creates a powerful growing medium).

Today, Japanese consumers purchase 90 percent of Brazil's yearly ABM crop. Consequently, you're not

likely to find fresh ABM mushrooms in even the best produce markets in America.

A few supplement companies, however, have begun producing ABM tablets (which are already hot sellers in Japan). No clinical trials have yet been published about these supplements. (All the published trials involve ABM extracts. The supplements typically contain whole mushrooms that have been freeze-dried and powdered.) So, the exact impact of ABM supplementation isn't known. But, again, our experience with other similar supplements makes us less skeptical.

If you try ABM, let us know about your experience with it. HSI will continue to search for information on this promising mushroom and for a source for the extract. Ordering information is in the Member Source Directory below.

Member Source Directory

ABM (*Agaricus Blazei* Murrill) Mushroom, Virtu Vites. 735 N. Park St, Unit E; Castle Rock, CO 80104; tel. (800)332-5069, fax (303) 688-7742; www.virtuvites.com.

Guacatonga, Raintree Nutrition, Inc. 3579 Hwy 50 East, Suite 222, Carson City, NV 89701; tel. (800)780-5902, fax (775)841-4022; www.rain-tree.com.

Graviola and N-Tense, Raintree Nutrition, Inc. 3579 Hwy 50 East, Suite 222, Carson City, NV 89701; tel. (800)780-5902, fax (775)841-4022; www.rain-tree.com.

ImmPower (AHCC), Harmony Co. P.O. Box 93, North Vale, NJ 07447, tel. (888)809-1241 or (860)426-1518, fax (860)276-9512. www.theharmonyco.com

Immunoguard (lactoferrin), Goldshield Healthcare Direct. 1501 Northpoint Parkway, Suite 100, West Palm Beach, FL 33407; tel. (800)474-9495. www.goldshieldusa.com

PectaSol, EcoNugenics, Inc. 1501 Northpoint Parkway, Suite 100, West Palm Beach, FL 33407, tel. (800)308-5518, fax (707)526-7689. www.econugenics.com

(We regret that not all products and services are available in all locations worldwide.)

The above statements have not been evaluated by the U.S. Food and Drug Administration.

These products are not intended to diagnose, treat, cure, or prevent any disease.

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The Lactoferrin miracle

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Report 2

New Breakthroughs Against Heart Disease and Stroke

NEW BREAKTHROUGHS AGAINST HEART DISEASE AND STROKE

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One in every 2.4 Americans dies from heart disease. To put it plainly, if you don't die from it, someone very close to you will. Even though "only" one in every four of us today has any symptoms—chest pain, high blood pressure, or exertion pain—most of us have some degree of heart disease.

But it's up to you to do something about it. Pharmaceutical companies would love it if you—and your doctor—continued to use the same old cholesterol-lowering drugs. But there are better alternatives. In the following pages, you'll learn about surprising research on the causes of heart disease and what you can do to protect yourself.

Chapter 1

Ayurvedic herb fights angina, heart disease, atherosclerosis and more

Once in a blue moon, we uncover a supplement that does so many things, it's hard even for us to believe it's real. Such is the case with arjuna. The *Terminalia arjuna* tree is found throughout India, and its bark has been pulverized and used for heart conditions for over 2,700 years. Researchers are now investigating other diseases that may benefit from this Indian herb, but it's already a well-proven cardiovascular "cure."

If you're under a doctor's care or taking prescription drugs for any cardiovascular condition, you should consult with a practitioner before supplementing with arjuna. Because the herb is so potent and effective, the combination of arjuna and drugs may cause too sudden or too severe an effect.

Lower LDL cholesterol by at least 25 percent

Although vitamin E has been shown time and again to be an effective supplement for controlling cholesterol levels, the antioxidant capacity of arjuna outperformed the vitamin in a recent randomized placebo-controlled trial in India. After only 30 days of supplementation with arjuna, the test group decreased their average LDL ("bad") cholesterol levels by 25.6 percent with a corresponding 12.7 percent drop in total cholesterol. The groups receiving either the placebo or 400 IU of vitamin E had no significant change in either measurement.¹

At SMS Medical College in India, scientists gave 500 mg of arjuna per day to a group of rabbits suffering from high blood-fat levels. After 60 days of therapy with the herb, the rabbits' average total cholesterol

dropped from 574 to 217 and their LDL levels dropped from 493 to 162.² A group of rabbits receiving only 100 mg of arjuna also experienced lower cholesterol levels, although the drop in cholesterol levels was not as significant.³

Reduce angina attacks without the side effects of drugs

More than 6.2 million Americans suffer from angina (chest pain) due to an insufficient supply of blood to the heart. While nitroglycerin is a drug often prescribed for this condition, its effectiveness is reduced with each use. Arjuna, however, can continue to relieve angina regardless of how long it's used.

Researchers at Kasturba Medical College in Mangalore, India, tested arjuna against ISMN (Isosorbide Mononitrate), a nitroglycerin-based drug commonly prescribed for stable angina. While ISMN was effective over a 12-week period, it didn't perform as well as arjuna. The arjuna group had a 30 percent reduction of angina attacks, while the group taking ISMN had a 27 percent reduction. While this is not a significant difference, the performance of arjuna is considerable when you take into account the possible side effects of ISMN—lightheadedness, dizziness, a rapid pulse rate, and blurred vision. Scientists found none of these side effects with the group taking the herb.⁴ And, of course, arjuna can be used without fear that it'll stop working when you need it most.

Another study found that 15 stable angina sufferers taking arjuna for three months experienced a 50 percent reduction in angina episodes. A treadmill test administered before and after the subjects took

the herb showed that angina symptoms were significantly delayed after supplementation. Subjects also reduced their systolic blood-pressure levels, had a marked decrease in their body-mass indexes—which indicates weight loss—and experienced an increase in HDL (“good”) cholesterol levels. The researchers concluded that treating stable angina patients with arjuna was an effective way to relieve symptoms.⁵

Patients with congestive heart failure improve in just two weeks

The New York Heart Association has developed a classification system that helps doctors determine the appropriate treatment depending on the severity of a patient’s condition. Classes I and II are mild, class III is moderate, and class IV is severe and sufferers are completely incapacitated. In a recent double-blind, crossover, placebo-controlled study, 12 class IV patients with refractory chronic congestive heart failure received arjuna for two weeks in addition to traditional medication. The placebo term of the trial included only traditional medication. During the short treatment with the herb, the patients were reclassified as class III patients due to improvements in a number of cardiac factors. The results were so impressive that during a later third phase of the study, the same patients continued supplementing with arjuna for 20-28 months in addition to conventional medications. Their conditions continued to improve, and they were able to tolerate additional physical effort.⁶

Protect yourself from ischemic heart disease

If heart disease runs in your family and you’d like to take preventive measures, arjuna may do the trick. Scientists gave laboratory rats a supplement containing the herb for 60 days, and after that time gave them isoproterenol, a synthetic chemical that causes an irreversible destruction of heart tissue. Researchers found that pretreating the subjects with arjuna offered “significant cardioprotection.” They also found that there was a remarkable reduction in the loss of high-energy phosphate (HEP) stores, a protective factor against ischemia.⁷ (Ischemia is a reduction in the supply of oxygen to an organ.)

Keep your arteries flowing free and clear

If the cholesterol circulating in your bloodstream isn’t removed on a regular basis, it can deposit on the walls of your arteries. While this happens to everyone to a certain extent, thicker cholesterol deposits reduce the volume of blood flowing through your vascular system and decrease the oxygen reaching your organs. Blood vessels with significant deposits become inflexible and hard, which is why atherosclerosis is also called “hardening of the arteries.” This can cause a deterioration of tissues and organs. Your arteries also deteriorate from the accumulation of cholesterol. If left untreated, atherosclerosis can kill you. But arjuna has been shown to turn around this life-threatening condition.

In one study, rabbits were fed a cholesterol-rich diet to create atherosclerosis and then divided into three groups to compare the effects of cholesterol-lowering supplements. One group of rabbits was treated with arjuna while the other two groups were supplemented with pharmaceuticals proven to lower cholesterol levels. In a comparison of all three groups, arjuna was pronounced as “the most potent hypo-lipidemic agent” and proved to induce “partial inhibition of rabbit atheroma.”⁸ These findings indicate that arjuna may help prevent the buildup of fat deposits in your arteries and possibly correct the deadly effects of atherosclerosis.

The same herb may fight cancer as readily as bacterial infections

One of the unique benefits of herbal therapies is their adaptogenic property. Many times, a single herb can conquer diseases and medical disorders with seemingly different origins and mechanisms. (Drug therapy is much more targeted and thus limited.) Doctors prescribe antibiotics for bacterial infections and must use completely different types of drugs to fight cancer. Although bacteria and cancer seem to start and spread by different means, arjuna has been shown to successfully fight both.

According to the Entomology Research Institute of Loyola College in India, *E. coli*, which is a dangerous food-borne pathogen, is no match for arjuna. Researchers tested 34 traditional tribal plants of India and found that arjuna had “significant antibacterial activity” against *E. coli* as well as the bacteria responsible for pneumonia, cystitis (a bladder infection),

and pyelonephritis (a kidney infection).¹²

Salmonella typhimurium is the culprit behind paratyphoid fever, which is a milder form of typhoid fever, as well as salmonella gastroenteritis, a type of food poisoning. But researchers found that ellagic acid, one of the constituents of arjuna, is quite effective against it and stops it from mutating, thus preventing the spread of disease.¹³

While antibacterial drugs have not been proven to work against cancer, it appears arjuna can live up to this double duty—and without the damaging effects of chemotherapeutic drugs.

Many of the side effects of prescription drugs, especially those used to treat cancer, may damage organs or have a serious negative impact on general health. But according to studies at the University College of Medical Sciences and SMS Medical College, both in India, researchers have not found liver or renal damage in either human or animal test subjects receiving arjuna.^{14,15}

While no one drug or therapy works against all types of cancers, arjuna may help fill the gap for some forms of the disease. According to scientists at the Department of Botanical Sciences at Guru Nanak Dev University in India, arjuna has cancer-

fighting properties and may be a promising agent for stopping cell mutation¹⁶—believed to be one of the first steps in cancer development. By preventing this initial process, arjuna may cut off one of the most common routes used to convert normal cells to cancerous ones.

In research conducted by the National Institute of Bioscience and Human Technology in Japan, even osteosarcoma, a type of malignant bone tumor, was found to be no match for arjuna. By inhibiting the growth of osteosarcoma cells, arjuna may be able to prevent the growth and spread of this type of cancer.¹⁷

T. arjuna is not only effective— it's inexpensive!

Scientists still don't fully understand the many disease-fighting mechanisms of arjuna, so research on this herb continues. We've only scratched the surface of this incredible tree and will keep you updated as new uses for it are discovered.

T. arjuna is available from Himalaya USA under the name of "Arjuna – Cardiac Tonic." Refer to the Member Source Directory at the back of this report for ordering information.

Chapter 2

Tea flavonoids—an alternative to dangerous statin drugs

You know that tea can be good for your heart. But did you know that the phytochemicals in tea may be able to help maintain healthy cholesterol levels?

It's true. And according to research, that could mean good things for your heart.

There's just one problem. To realize those benefits, you'd have to drink as many as 57 cups of tea every day. And you'd have to drink both green tea and black tea throughout the day to get the full impact.

Scientists have found a way to deliver tea's powerful active ingredients without getting bogged down in cup counts. Even better, they've found a way to combine the best of green tea and the best of black tea, to offer the greatest benefits of both.

Green or black? It's all in the flavonoids...

For centuries, people have been drinking tea. And for several decades now, science has recognized the

heart-healthy benefits of the habit.

For these benefits, we can thank flavonoids, plant-pigment molecules found in the leaves of the tea plant, *camellia sinensis*. Depending on how they are prepared, these leaves can end up as either green or black tea, each providing its own type of flavonoids.

Green tea is made from the dried leaves of *camellia sinensis*, and is rich in flavonoids called catechins. To make black tea, the leaves are fermented; during the fermentation process the molecules in catechins rearrange to form polymer flavonoids called theaflavins.

Both types of flavonoids offer powerful health benefits, and not just for the heart. Although there's been some debate about which type of tea is best, it's really not an issue of one vs. the other. The catechins in green tea and the theaflavins in black tea both offer unique benefits.

Emerging science—combined with centuries of anecdotal evidence and data from observational studies—provide support of tea flavonoids' cholesterol-regulating power. But one question remained unanswered—until now.

Just imagine: if tea catechins and theaflavins can exert this much influence individually, what would happen if we could put them together?

Cholesterol isn't everything... but it's still important

At HSI, we've talked a lot about how cholesterol is not the be-all, end-all of heart health. We still maintain that position; after all, even the mainstream is now admitting to the importance of other heart health markers like homocysteine and c-reactive protein. But the fact remains that cholesterol levels, particularly LDL cholesterol levels, are still an important part of the whole picture.

If your levels are too high, chances are your doctor will talk to you about taking statin drugs. But we all know the problems inherent with that approach—

astronomical prices and a laundry list of frightening side effects, including liver damage, sexual dysfunction, peripheral neuropathy, and vitamin deficiency.

But now this research provides us all with another option: a safe, natural, affordable supplement that delivers the heart-health power of flavonoids in one capsule—without having to drink gallons of tea.

Confidential access for HSI

The supplement is called TheaChol. By taking just one TheaChol capsule per day, you'll get 375 mg of theaflavins and other tea flavonoids—the equivalent of 25 to 57 cups of tea. And you can get a full month's supply of TheaChol for less than half the cost of a month's worth of statin drugs. (See the Member Source Directory for complete ordering information.)

TheaChol provides the best of all possible worlds: all the flavonoid power of both green and black tea without having to drink gallons of it AND cholesterol-maintaining effects without incurring the costs or risks of statins.

Chapter 3

The link between homocysteine and heart disease

The truth is that cholesterol is NOT the deadly threat you may think it is. Aside from the fact that it's necessary for everything from the production of sex hormones to bile synthesis . . . it does *not* clog your arteries unless it has something to attach to: a tear, a rough surface, a ridge, a sharp turn.

When the homocysteine levels in your blood become too high, the perfect conditions are created for plaque buildup. An amino acid, homocysteine, promotes the growing of smooth muscle cells just below the inner wall of the artery. Multiplying rapidly, these cells create a deadly bulge that protrudes into the artery itself. On this bulge, cholesterol, blood products, and calcium begin to accumulate. These are the blood traps that lead to problems like impotence, poor memory, heart attacks, strokes, and even death. And research indicates that you should be just as concerned—if not more so—over your homocysteine level as you are over your cholesterol level.

Destroys arterial walls

A team of Seattle researchers showed that injections of homocysteine rapidly caused early signs of arteriosclerosis in baboons. The researchers reported that in their test, the cells just beneath the animals' artery walls were mutating and reproducing at a wild rate, and this growth was destroying the arterial walls. After just one week of high levels of homocysteine in the baboons' blood, 23 percent of their artery walls were lost. The researchers found that the higher the level of homocysteine and the more severely injured the inner artery wall, the more severe the signs of arteriosclerosis.¹

Homocysteine can kill—if you don't know how to control it

Your body forms homocysteine when you eat food containing an amino acid called methionine, which is present in all animal and vegetable protein. As part of the digestive process, methionine is broken down into homocysteine. As long as certain helper nutrients are present, homocysteine subse-

quently converts back into one of two harmless amino acids. However, when these helper nutrients aren't present, homocysteine levels become dangerously high.

Research shows that vitamin B6 is one of the key helper nutrients necessary for normalizing homocysteine levels. In a study at the University of Wisconsin, participants given daily supplements of B6 (2mg/day) experienced dramatic drops in their homocysteine levels. And at the Titus County Memorial Hospital in Mount Pleasant, Texas, patients given vitamin B6 were able to reduce their risk of chest pain and heart attack by 73 percent.² More importantly, they lived an average of eight years longer than those who didn't take the supplements!

Unfortunately, the typical American diet is low in vitamin B6 and high in methionine. And because of food processing, it's almost impossible to get enough B6 in the North American diet.

Recent research has uncovered similar links among homocysteine, folic acid, and B12 and has found that you need all three nutrients to keep homocysteine levels down.³

Here's what you need to do TODAY!

You can't ensure healthy, effective levels of B6, B12, and folic acid through diet alone. Americans are so deficient in these nutrients that even the Food and Drug Administration (FDA) and the Centers for Disease Control in Atlanta (CDC) have launched campaigns to increase your intake through supplementation.

Unfortunately, we've discovered that most multivitamin formulas fall short. They simply don't have enough B6, B12, or folic acid to be effective in reducing homocysteine levels.

There are a number of specialized formulas now available that specifically address the homocysteine threat. Check your local health-food store, or, you

HOMOCYSTEINE'S LINK TO ALZHEIMER'S DISEASE

Several unpublicized studies have revealed startling new links among homocysteine levels, B vitamins, and age-related cognitive decline.

- The first clue came in 1996, when a study of elderly Americans found that those with high homocysteine levels performed more poorly on certain cognitive tests. Researchers also noted that those with lower levels of vitamin B12 and folic acid showed reduced mental performance.⁴
- Then in 1997, the results of a six-year study were published. Researchers found that those subjects who supplemented their diets with B6 and B12 performed better on cognitive tests, including recall ability.⁵
- Most recently, a Belgian study revealed that patients with Alzheimer's disease have higher levels of homocysteine in their blood.⁶

The evidence is overwhelming and the implications clear: Homocysteine is a killer in more ways than one. Taking an antihomocysteine formula will not only provide great insurance against heart disease but also help you preserve peak mental functioning as you age. See the Member Source Directory at the back of this report for ordering information.

can try a high-quality supplement called CardioSupport that is based on the latest homocysteine research. Each tablet provides 800 mcg of folic acid, 500 mcg of B12, and 25 mcg of B6. In addition, the formula includes beneficial components that aid in the metabolism of these crucial heart-protective nutrients. For information on ordering CardioSupport, refer to the Member Source Directory.

Chapter 4

New formulation of CoQ₁₀ fights free-radical damage to protect your heart

If you're a longtime HSI member, chances are you know all about coenzyme Q10. We've been writing about this important nutrient for many years, long before it became a recommendation of mainstream doctors.

For the newer members of the HSI family, here's a refresher: coenzyme Q10 (also known as ubiquinone) is a fat-soluble nutrient that fuels your cells with energy. It's also a super-antioxidant that inhibits free radical formation and works to repair the damage caused by free radicals throughout the body.

In the September 1999 issue of *Members Alert*, we revealed that many widely prescribed cardiovascular drugs may deplete the body's stores of this important nutrient. Research has shown that this super-antioxidant fuels cellular energy production and repairs free-radical damage to the heart muscle. And, when CoQ10 is deficient, the heart is one of the first areas to suffer.

If you take prescription heart medication (and even if you don't), it's wise to have your CoQ10 level tested. According to HSI Medical Advisor Dr. Marty Milner, different laboratories use different methods to measure CoQ10, so "normal" reference points may vary. For example, the lab Dr. Milner uses measures CoQ10 levels in plasma; a normal range for that method is between .57 and 1.07 micrograms/ml. Your doctor and your lab report can help you interpret your results.

If you find you are deficient, CoQ10 supplements are widely available. The standard dosage is 100 mil-

ligrams, but some practitioners recommend doses as high as 300 to 400 mg per day. As always, consult your doctor as to what's best for you.

What most manufacturers don't want you to know

There are lots of coenzyme Q10 products on the market. However, it's important to keep in mind that CoQ10 is what scientists call hydrophobic, meaning that it does not mix well with water. That means that some traditional delivery methods are poorly absorbed. Only a portion of each dose makes it to the bloodstream. Of course, even a little bit of a super-antioxidant like CoQ10 does some good. But doesn't it make more sense to be able to absorb the full dose quickly and efficiently.

Great tasting fast-melt gets CoQ10 to hungry cells

A new CoQ10 formulation called CoQMelt uses a delivery method that gets CoQ10 into your system quickly and with ease. Plus there's no need to swallow a big dry pill.

The CoQMelt tablet literally melts away on your tongue. Orange flavored, it delivers a 100 mg dose of Coenzyme Q10 that goes right to work, fighting off free radicals, repairing oxidant damage, and keeping all the cells in your body supplied with energy. CoQMelt is available through NorthStar Nutritionals. For ordering information, see the Member Source Directory.

Chapter 5

New hope for anyone who has ever suffered a stroke

Tocotrienols not only lower cholesterol levels naturally but also keep the blood thin and flowing freely; furthermore, they have shown the ability to actually dissolve dangerous arterial plaque that can lead to a heart attack or stroke. They are also exceptional antioxidants, protecting cells throughout the body from oxidation that can lead to malignancy or damaged blood vessels.

And now there is exciting research that suggests tocotrienols can help extend the lives of stroke patients by reducing the risk of a second stroke.

If you or someone close to you has survived a stroke, you know that life afterward can be like living with a time bomb. Unless something is done to reverse the underlying disease process, chances are good that a second, possibly fatal, stroke will follow the first.

But recently the medical community was electrified by a study that led to dramatic improvements in stroke patients. The study used a special tocotrienol preparation distilled from palm oil, called PalmVitee. This ultra-pure and high-potency formula is produced in Malaysia expressly for use in scientific research. Because of the very limited supply available, it has never been available to consumers.

The 50 subjects in this trial had each suffered a first, mild stroke. At the beginning of the study, the degree of blockage of their arteries (measured by ultrasound) ranged from 15 percent to 79 percent. Without making any other changes to their diet or medications, half of the subjects began taking 240 milligrams a day of PalmVitee tocotrienols; the remaining half received placebos. After 12 months, researchers repeated the ultrasound examinations—with startling results. Among those taking placebos, 40 percent showed a progression of the disease, with increased blockage of the arteries. The other 60 percent were stable: no worse but no better. None showed any improvement.¹

For those taking PalmVitee, it was a much different story. An astonishing 28 percent had improved: Their arteries were actually less obstructed. Sixty-four percent remained stable, with no further progression. Only 8

percent experienced progression of their disease.

As one research analyst remarked, “PalmVitee may not reverse atherosclerosis in every patient, but it is a very good insurance policy (92 percent effective) against its progression and actually reversed the disease for one in four patients. This is very exciting in light of the lack of available medical options.”

How to get PalmVitee

Although the results of this trial were stunning, the findings are consistent with previous research demonstrating the positive effect of tocotrienols on cardiovascular health. However, the unique attributes of PalmVitee may have been a factor in the exceptional outcome.

Other palm-derived products are produced from refined palm oil, from which much of the tocotrienol content has been stripped. PalmVitee, on the other hand, is made from a tocotrienol-rich derivative of the crude oil called PFAD (palm fatty acid derivative). The result is an exceptionally pure and potent product that has not been excessively refined and processed. Pending further clinical trials on stroke patients, we cannot assume that other tocotrienol products will produce identical results. For ordering information, see the Member Source Directory.

Chapter 6

A 60-second cure for high blood pressure and much more

If you are one of 60 million Americans suffering from high blood pressure, you'll be excited to learn about a nonprofit educational and research corporation, the Institute of HeartMath. The breakthrough work done by HeartMath in the field of psychoneuroimmunology constitutes a new frontier in healing and wellness.

HeartMath has assembled the finest minds in the fields of cardiology, neurology, immunology, quantum physics, and psychology. In research conducted with Stanford University, HeartMath scientists pioneered new biomedical research showing how the direct relationship between mental/ emotional balance and the health of your heart, hormonal system, and immune system can be measured.

Using this technology, they've solved the mystery of entrainment, a natural phenomenon that occurs

when two or more rhythmic systems, such as heartbeats and brain waves, synchronize.

Based on this research, HeartMath has developed a tool so effective, the U.S. military has thousands of officers trained in it, heads of corporations are footing the bill for their employees, and alternative-health practitioners are seeking out the HeartMath training center in Boulder Creek, California.

A precise five-step relaxation technique called Freeze-Frame creates entrainment of your nervous systems, producing proven results unlike any other self-relaxation method. It's proven to be extraordinarily effective, not only in lowering blood pressure but also in managing depression and anxiety, improving immune response, and providing other health benefits.

One Fortune 100 company sent its employees—executives, administrative personnel,

engineers, and factory workers alike—to learn the technique. At the start of the study, 26 percent of the workers had high blood pressure. Six months later, 100 percent had normal readings.¹

Even more astonishing, many reported the disappearance of long-standing symptoms like insomnia, headaches, indigestion, heartburn, and rapid heartbeat.

With the Freeze-Frame technique, you remove yourself from your disruptive feelings, relax, focus, and entrain your heart rate and blood pressure. Think of great athletes or dancers who are able to create a special, relaxed state of mental and physical focus in order to achieve a much higher performance. Freeze-Frame employs the same principle with any mental or emotional activity. And the benefit to your heart is phenomenal.

Outsmart your body's primitive fight or flight responses

Using this new HeartMath technology, you can gain control of your autonomic nervous system—right down to the hormones you produce and the beat of your heart. With Freeze-Frame, you learn to induce entrainment, in which your entire

system—heart, glands, organs, nervous system—works at maximum efficiency. Moments of entrainment are associated with a deep sense of peace, fulfillment, and joy.

The results of HeartMath's research, published in the *American Journal of Cardiology* and the *Journal of Alternative Therapies*, demonstrate conclusively that Freeze-Frame lowers high blood pressure and can reduce your risk of sudden death if you suffer from heart disease.^{2,3} There are more proven benefits, including increased energy and mental clarity, improved immune response, and relief from chronic fatigue and certain autoimmune diseases. There are even preliminary results indicating that HeartMath technology may be a powerful tool in the fight against cancer.

In addition to the Freeze-Frame program, HeartMath offers books, audiocassettes, videotapes, and other educational materials, as well as original musical recordings scientifically proven to improve hormonal, emotional, and immune-system balance. For ordering information, see the Member Source Directory.

Chapter 7

Herpes and heart disease

Herpes viruses have traditionally been thought of as “nuisance diseases,” since they rarely cause life-threatening conditions. Chicken pox, cold sores, genital lesions, shingles, and infectious mononucleosis are all known to be caused by various herpes viruses. But herpes viruses are now also being linked with something much more serious—heart disease.¹⁻³

The odds are against you

There is a 90 percent chance that you harbor one or more herpes viruses in your body. At the time of initial infection, the virus runs its course and then seems to disappear. Unfortunately, this doesn't mean the virus is gone. Herpes viruses have the unusual characteristic of lying dormant until your body exhibits signs of weakness, such as physical injury, severe stress, cancer, aging, surgery, chemotherapy, and/or poor nutrition. At that point, the herpes virus can reemerge to cause new symptoms or diseases.

CMV and heart disease

Cytomegalovirus (CMV), a virus in the herpes family, has come to the forefront as a likely suspect in heart disease. Specifically, it's been linked with the inflammatory process that may lead to high blood pressure, atherosclerosis, and coronary-artery disease. Most people are infected with CMV early in childhood, when it can cause flulike symptoms before going into a dormant phase. But new evidence shows that coronary angioplasty—a procedure performed half a million times every year in the United States—may trigger CMV to reactivate in about one-third of patients. For these patients, the plaque quickly reforms, leading to blockages that can be as bad as or worse than the original ones. Some researchers suggest that chronic, asymptomatic CMV infections may actually cause heart disease in susceptible individuals.

What you can do to protect yourself

Researchers in Arizona were elated at the results of studies, confirmed by independent clinical tests, showing that a new “botaniceutical” product derived from the *Larrea* bush could cripple herpes viruses without side effects of any kind. By contrast, side effects of acyclovir (Zovirax), the drug commonly prescribed to manage herpes symptoms, include headaches, seizures, coma, nausea, vomiting, and diarrhea. More importantly, prolonged or repeated use of acyclovir can actually encourage the proliferation of drug-resistant strains of the herpes virus.

This new preparation is made from an ancient desert bush, *Larrea tridentata*, used medicinally for centuries by Native Americans. They called it “Shegoi” meaning “Mother of all plants.”

After decades of research, scientists identified a matrix of natural chemicals that appear to be responsible for *Larrea*’s medicinal qualities. Through a proprietary process, they have purified, concentrated, and solubilized these phytochemicals, documented their

biological activity, and thoroughly tested for toxicity of any kind. The result is Shegoi, a natural product that exploits all of the healing potential attributed for centuries to this desert shrub and, according to extensive testing, is safe. Even at doses five times the equivalent human dose, test animals remained in excellent health. Enzyme studies on liver and kidney functions showed no ill effects.

Shegoi capsules can be taken to protect against reactivation of a dormant virus, as well as to combat active and chronic symptoms of the herpes viruses. Given the documented relationship between the CMV-type herpes virus and atherosclerosis following heart surgery, Shegoi may be especially indicated for those who have undergone angioplasty.

If you have a medical condition or are taking prescription medications, please include your physician in your decision to add Shegoi to your treatment program. For information on ordering Shegoi, refer to the Member Source Directory at the back of this report.

Member Source Directory

Arjuna, HimalayaUSA; 10440 West Office Drive; Houston, TX 77042; tel. (800)869-4640 or (713)863-1622 www.himalayausa.com.

CardioTotal, Gold Shield Healthcare Direct; 1501 Northpoint Parkway, Suite 100, West Palm Beach, FL 33407 tel. (800)474-9495; www.goldshieldusa.com.

CoQMelt, NorthStar Nutritionals; P.O. Box 925, Frederick, MD 21705; tel. (800)728-0684; ID# NSNMELT www.goldshieldusa.com.

emWave PC Stress Relief System (formerly Freeze-Frame), HeartMath; 14700 West Park Avenue, Boulder Creek, CA 95006, tel (800)450-9111 or (831)338-8700, fax (831)338-9861, www.heartmath.com

PalmVitee, CompassioNet, P.O. Box 710, Saddle River, NJ 07458, tel. (800)510-2010 or (201)661-6020, fax (201)236-0090, www.compassionet.com

Shegoi, Shegoi, Inc. #2205-13700 Mayfield Place, Richmond, BC, Canada V6V 2E4, tel. (604)273-7977, www.shegoi.com

TheaChol, NorthStar Nutritionals, P.O. Box 925, Frederick, MD 21705, tel. (800)728-0684, ID# NSNTEA, www.northstarnutritionals.com

(We regret that not all products and services are available in all locations worldwide.)

The above statements have not been evaluated by the U.S. Food and Drug Administration.
These products are not intended to diagnose, treat, cure, or prevent any disease.

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Report 3

Stronger than Steroids:
New Solutions for Beating Arthritis

STRONGER THAN STEROIDS: NEW SOLUTIONS FOR BEATING ARTHRITIS

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Chapter 1

The surprising truth about hidden food sensitivities

As unbelievable as it may sound, a great deal of your arthritis pain could be the result of your dietary choices. The chances are very high that several of the foods you eat on a regular daily basis are “trigger” foods that cause subtle—but serious—immunological reactions in your white blood cells.

Hours or even days after eating those trigger foods, you may experience fatigue, headaches, digestive problems, insomnia, skin breakouts, and joint pain—but you may never connect those symptoms to the foods that caused them. This is a phenomenon known as hidden food sensitivity—and it affects up to 70 percent of the population.

How does a food allergy lead to arthritis?

When you have a sensitivity to a certain food, your body is unable to completely digest and process the nutrients it contains. As a result, incompletely digested food particles pass through the digestive-tract walls and into your bloodstream. They are eventually deposited in tissue, where the white blood cells mistake them for foreign bodies.

The immune system then mounts an attack, just as it would against a virus, bacteria, or even a cancer cell. Your system is flooded with histamines, prostaglandins, and other immune chemicals. These chemicals are extremely irritating to your tissues, causing pain and inflammation. (This is also why a bout with the flu leaves you so stiff and sore.) If the condition is left untreated, permanent damage to the joint tissue can occur.

Eliminating your sensitivities

It is extremely difficult (if not impossible) to identify your trigger foods by simply observing your reactions to the foods you eat, since symptoms can occur within hours or even days after you eat the food.

Symptoms can also drag on for up to four days, making it even harder to pinpoint the source.

Conventional food-allergy tests, such as a skin prick, are also of limited value. One session of skin-prick testing usually targets 20 to 40 possible allergens at a cost of about \$4 apiece. For a thorough evaluation of a hundred or more possible allergens, you'll pay at least \$400, and that doesn't include the cost of multiple office visits.

More importantly, these types of tests can only detect a full-blown antibody response to a substance—they cannot detect the subtle immune-cell responses typical of hidden food sensitivities. But there are better, more accurate tools to pinpoint the source of the problem.

Sophisticated blood tests like the ALCAT test can identify much more than just the antibodies in your blood. In the laboratory, the ALCAT test mimics what happens to the blood cells when a food or other substance is actually ingested—detecting specific, subtle changes in your white blood cells that indicate sensitivity.

Eliminating these foods from your diet will dramatically reduce symptoms within one week. However, by following a couple of simple guidelines, you should eventually be able to resume eating a full range of all of your favorite foods without inciting the inflammatory process that contributes to arthritis. Complete instructions are provided with the results of the ALCAT test. You can order an ALCAT test yourself by calling the lab directly. See the Member Source Directory at the back of this report for contact information.

Chapter 2

Mycoplasmas: tiny microorganisms that could be causing your arthritis

Your doctor probably hasn't heard about the connection between mycoplasmal infections and arthritis. But if you are struggling with arthritis, you can benefit from this important discovery today.

Mycoplasmas are tiny microorganisms, even smaller than bacteria. They are commonly found in the saliva and mucous membranes of the mouth or nose, and they were once dismissed as relatively harmless organisms. However, we now know that mycoplasmas can also penetrate into your blood cells, where they are far from harmless. Your painful joints could be caused by a systemic infection of this tiny microorganism. Researchers have made the surprising discovery that mycoplasmal infections occur in approximately half of the patients with certain chronic diseases—including arthritis.

How to get tested

Although it's relatively simple to test for mycoplasmas on mucosal surfaces like the mouth, once they get inside of cells, conventional antibody tests are usually useless, and they are extremely difficult to culture.¹

Fortunately, a newly developed and specialized test, called a forensic PCR-DNA, is able to detect fragments of mycoplasmas inside the white blood cells. The white blood cells scavenge those pieces as they clean up debris in the tissues and blood. If the DNA of a mycoplasma is found in your white blood cells, an active infection exists. PCR-DNA tests are available through labs listed in the Member Source Directory.

A natural approach

So what can you do if you test positive for a mycoplasmal infection? Darryl See, M.D., has been

treating patients with such infections for several years at the Center for Special Immunology and also at the Chronic Fatigue Syndrome and Fibro-myalgia Clinic at UC Irvine, which he co-directs.

In his own practice, Dr. See has observed that patients' PCR-DNA tests can turn from positive to negative with the use of colloidal silver. However, he stresses that not all colloidal-silver products are the same. The colloidal silver used by Dr. See contains three to five parts silver per million, and the particles of silver are dissolved to the tiny molecular size of 2 to 5 nanometers. It appears that the smaller size is more effective against mycoplasmas than are the more common colloidal silvers with particles ranging from 50 to 100 ppm (parts per million). And since less silver is consumed on a daily basis, toxicity is rare.

You can also use selenium and oxygen supplements to combat a mycoplasmal infection. A recommended dose of 200 to 400 micrograms of selenium as a dietary supplement has been shown to arrest the growth of the invaders. Also, because mycoplasmas prefer an environment low in oxygen, providing extra oxygen through magnesium-peroxide supplements will inhibit their growth.

The research on the mycoplasma/arthritis connection has just begun—but it's already clear that these mysterious creatures play an important role in arthritis. If mycoplasmas are attacking your joints, eliminating them from your system may help you beat arthritis for good. For more information on PCR-DNA testing, colloidal silver, and magnesium-peroxide supplements, see the Member Source Directory at the back of this report.

Chapter 3

Raw bar favorite offers the most powerful arthritis relief

Imagine if you didn't need pain relievers every day? Our research has uncovered something totally new—a completely safe and natural food extract that may be the most powerful anti-inflammatory compound ever discovered.

It's called Lyprinol, an active lipid fraction isolated from the New Zealand green-lipped mussel, or *Perna canaliculus*. According to centuries-old tradition,

native Maoris believe that eating the green-lipped mussel leads to a long and healthy life. And, in fact, medical statistics show that arthritis and rheumatic disorders are almost unknown among the coastal-dwelling Maori.

Scientists have now determined that the anti-arthritic properties of the green-lipped mussel are due to the unique configuration of certain polyunsat-

urated fatty acids (or PUFAs) called Eicosatetraenoic Acids (ETAs). Related to the Omega-3 fatty acids found in fish, flaxseed, and perilla oil, ETAs display more intense and targeted anti-inflammatory and anti-arthritic activity than any other known PUFA or Omega-3 fatty acid.

Research in the 1970s and 1980s confirmed that something in the New Zealand green-lipped mussel had the ability to erase arthritic pain and stiffness. A double-blind, placebo-controlled trial conducted in 1980 at the Victoria Hospital in Glasgow, England, tested a powdered mussel supplement on 66 arthritis patients.¹ At the start of the six-month trial, all of the subjects had failed to respond to conventional treatment and were scheduled for surgery to repair badly damaged joints.

At the close of the trial, the researchers reported improvements in 68 percent of the rheumatoid arthritis (RA) patients and in 39 percent of the osteoarthritis (OA) patients. The scientists also noted the low incidence of adverse side effects.

Nearly two decades later scientists perfect the solution

For the next 18 years, leading scientists from universities and research labs in Australia, Japan, and France worked together to understand the secret locked within the green-lipped mussel. Step by incremental step, the scientists managed to identify the active biological fraction of the green-lipped mussel, isolate it without destroying its essential properties, cleanse it of impurities, stabilize it, and standardize its potency for reliable results.

At every step of the way, clinical and laboratory studies confirmed the scientists were moving in the right direction. Their excitement mounted as each phase yielded a more potent and powerful compound. Even early versions of the green-lipped mussel extracts were found to be more effective than aspirin and ibuprofen in reducing inflammation.

But inflammation isn't the only thing it helped. In 1986, a trial of 53 RA patients, conducted by the Société Française de Biologie et Dietique (SFBD) in Dijon, France, found that the green-lipped mussel extract reduced pain by 62 percent after six months, while those on a placebo had a 20 percent increase in pain.²

Lyprinol: 200 times more effective than high-potency fish oil in controlling swelling

Ultimately, scientists zeroed in on the ETAs in the green-lipped mussel as the active ingredients responsible for its remarkable anti-arthritic effects. This specific grouping of ETAs is not found in any other known substance. The methods used to concentrate these active components in a pure and stable form have been granted patents in several countries. The final result is now available as Lyprinol.

Researchers at the University of Queensland in Brisbane, Australia, studied the efficacy of Lyprinol using laboratory animals with adjuvant-induced polyarthritis, which is the closest model for rheumatoid arthritis in humans.³

When administered as an oral supplement, Lyprinol reduced arthritis-related swelling in the animal's paws by more than 90 percent. It was also effective when rubbed directly into the affected area.

Comparisons of Lyprinol to other natural lipids, or fatty acids, known to be helpful in treating arthritis and inflammation, tested Lyprinol against flax oil, evening primrose oil, Norwegian salmon oil, and MaxEPA (a high potency fish oil product). Of these, Lyprinol was the most effective in preventing arthritis-related swelling, reducing swelling by 79 percent. MaxEPA was the next best at 50 percent. However, the real story is the dosages used to achieve these results.

Achieving a 50 percent effectiveness rate required a dosage of 2000 mg/kg body weight of MaxEPA. But the effective dosage of Lyprinol was only 20 mg/kg—or 1/100 the amount. Extrapolations from these results suggest that the anti-inflammatory compounds in Lyprinol are 200 times more potent than MaxEPA (and 350 times more potent than evening primrose oil).

Outperforms arthritis drugs without harmful side effects

Researchers also compared the effectiveness of Lyprinol to that of the prescription arthritis drug indomethacin, the mainstream drug of choice at the time of the study. A dosage of 5 mg/kg of Lyprinol was 97 percent effective in reducing swelling, while indomethacin was only 83 percent effective at the same dosage. Unlike indomethacin, Lyprinol is non-toxic and essentially free of side effects. In a 2000 study, researchers found that when compared to NSAIDs, Lyprinol was "non-gastro toxic."⁴

Recommendations for use

Lyprinol is recommended for the alleviation of inflammatory conditions, including osteoarthritis, rheumatoid arthritis, and virally-induced arthritis.

While Lyprinol appears to be the most powerful anti-inflammatory and arthritis pain reliever yet discovered, it still won't rebuild or restore previously damaged cartilage. For the most complete healing of arthritis, we recommend you combine Lyprinol with a natural joint building supplement containing glucosamine and chondroitin, such as Flexanol. To order, please see the Member Source Directory at the end of this report.

Recommended amounts: The amount needed for optimal results can vary widely for each individual, but range between two and four capsules per day. A higher amount (up to six capsules per day) can be used for the first one to two weeks of use. It can take up to four weeks to evaluate the full benefit. In addition, the research suggests that rubbing Lyprinol into swollen and tender joints can help relieve pain and swelling. To do this, simply open the capsule and squeeze the contents onto the affected area. See the Member Source Directory for ordering information.

Chapter 4

Cutting-edge nutrient leaves others in the dust

Flexanol, an all-natural breakthrough leaves old standbys in the dust. It is built around a discovery that has totally changed the way scientists think about your joints.

MSM (Methyl-sulfonyl-methane) is the miracle molecule that supplies our bodies with sulfur, the fourth most abundant mineral in human tissue. And it turns out to be absolutely critical to healthy joints because we rely on sulfur to create and regenerate all of our cells.

According to Dr. Ronald M. Lawrence, Assistant Clinical Professor of the UCLA School of Medicine and Founding Member of the American Association for the Study of Pain—people with joint discomfort often lack the proper amount of sulfur to let the body heal itself. MSM works by not dulling the nerves, but by mending the damage that has begun.

Flexanol takes the astonishing power of MSM and multiplies it many times over— supplying your body with nine more powerful joint support compounds. It brings together every major joint support breakthrough of the last 30 years, beginning of course with Glucosamine HCL.

Unlike Non-Steroidal Anti-Inflammatory Drugs (NSAIDs) and steroid treatments, Flexanol's power is safe over time. Glucosamine HCL is a big reason why. You may feel it “kick in” after a number of weeks, adding to the good work that began with the MSM. And this good work is additional joint support and flexibility.

Sea Cucumber—a fabulous natural source of the joint protector Chondroitin

This relative of the starfish hails from the waters of Australia's Great Barrier Reef and can be so effective that the Australian government designated it an official treatment.

Sea cucumber can pack a powerful “one-two punch” because it contains two important compounds:

1. **Natural chondroitin.** You've probably heard that chondroitin works well with glucosamine. That's because unlike glucosamine, chondroitin can protect existing cartilage from breaking down.
2. **More glucosamine** for even more joint building power.

Together, this combination can help “jump start” the growth of healthy new cartilage.

EPA and DHA—To maintain flexibility

Next, Flexanol works to keep joints lubricated so you can move with ease. It does this by using two remarkable compounds: EPA and DHA. Both are substances that occur naturally in your body called Omega-3 fatty acids. And Omega-3 fatty acids don't just mask inflammation, but actually stop the autoimmune reactions that cause it.

Boswellia Serrata—To stop pain even before it begins

Natural healers in India have been using boswellia serrata for centuries. Modern researchers even go so far as to say, “The therapeutic action of [boswellia] includes: reduction of joint swelling, restoration and

improvement of blood supply to inflamed joints, pain relief, increased mobility, amelioration of morning stiffness, steroid-sparing effects and general improvement in the quality of life.”

Different causes of worn joints—and how Flexanol helps correct them

Flexanol addresses multiple causes of worn joints including:

1. **Years of wear and tear.** As we get older, our knees, lower backs and other joints tend to lose their cartilage cushion. Flexanol can help rebuild it with the natural power of MSM, Glucosamine, Sea Cucumber, and other compounds.

2. **Autoimmune reactions.** When your immune system gets “confused,” joints swell up and can hurt a lot. Flexanol can help your immune system return to health with natural immune boosters like EPA and DHA, Borage Oil, Vitamin C, and Vitamin E.

3. **Old injuries that act up.** Flexanol can help your body repair this past damage with nutrients like MSM, Glucosamine, Sea Cucumber, Boswellia Serrata, Ginger Root, Borage Oil, Vitamin C, and Vitamin E.

If you’ve been struggling to find one product that can deliver relief, Flexanol may be all you need. To order Flexanol, refer to the Member Source Directory at the end of this report.

Chapter 5

Infopeptides: The next generation of arthritis busters

HSI has been tracking the progress of a truly amazing natural product that has successfully treated everything from acute viral attacks to serious, chronic, and even life-threatening disorders. Until recently, this substance was available only to the small number of physicians involved in or aware of the research. We can finally share news of the healing potential of infopeptides, however, because an infopeptide product is now available for you.

Biochemical research finds a previously unknown compound in colostrum

Infopeptides constitute a type of peptide found in milk and colostrum (the mother’s “first milk”) that was not previously known to exist. They are fundamentally different from colostrum and lactoferrin because they appear to have no direct antiviral or antibacterial properties of their own. They do, however, contain chemically coded instructions that appear to be vitally important to a properly regulated immune system.

The ability of infopeptides to trigger powerful antiviral, antibacterial, and antiprotazoal immune functions is very impressive. Infopeptides are unique because of their ability to control both underactive and overactive immune systems. Research has linked these polypeptides to widespread biological actions that alleviate inflammation and nervous disorders and even improve sleep patterns.

Cytolog alleviates arthritis pain

“Cytolog” is the name given to infopeptide products developed by a company that has been studying

infopeptides since 1992. In a small-scale study, 82 percent of rheumatoid-arthritis patients experienced “good or very good” results within two to six weeks with the use of Cytolog. Subjects with osteoarthritis all reported “good or very good” responses; one patient is in complete remission. All of the patients had been taking at least one drug, and many of them had been taking up to four drugs—all to no avail. The participants had been suffering from six to 20 years.¹

Milk sensitivities? No problem

For those who are lactose intolerant, it’s also important to recognize that milk sugars responsible for lactose intolerance and the proteins responsible for cow’s-milk allergies are largely absent in colostrum. In light of the small doses needed for effectiveness and the very small concentration of lactose remaining, the use of colostrum products should be of no concern to those with milk sensitivities.

Cytolog appears to be safe and well-tolerated when taken under a variety of circumstances and over extended periods of time. The benefits do not diminish; instead, they tend to increase over time. In fact, those who take Cytolog for three months or more relate that the benefits persist indefinitely even after they stop taking it.

We predict that you’ll be hearing much more about infopeptides in the very near future. However, as an HSI member, you can have access to Cytolog now. See the Member Source Directory for ordering information.

Chapter 6

Shark-cartilage therapy: Help your body create NEW cartilage

Yes—it is possible to rebuild cartilage. When we first made this statement to our members, it wasn't just controversial—it was unthinkable. Years later, with the well-documented successes of cartilage-building substances like glucosamine and chondroitin, our “audacious” assertion is now generally accepted in alternative-medicine circles.

But there's still more to the story. Products based on glucosamine fill the shelves at drugstores and health-food stores, but there are newer cartilage-regenerating products not yet on the market that promise to be even more effective than the first generation of glucosamine products. We've uncovered a breakthrough product that has not yet been publicized or widely marketed—but that you should know about immediately.

Relief from cartilage damage

Glucosamine, a nutrient that is found in very small amounts in food and is also made by the cartilage cells of your body, plays an integral role in stimulating the production of connective tissue and new cartilage growth essential to the repair of arthritis damage. Chondroitin is another major cartilage builder and is found in bovine, shark, and whale cartilage.

HSI panelist Martin Milner, N.D., uses shark cartilage extensively as a natural cancer therapy and has noted its dramatic effect on the arthritis symptoms of his patients. According to Dr. Milner, shark cartilage offers effective, naturally occurring ingredients not provided by glucosamine or chondroitin supplements alone, including the following:

- angiogenic-inhibiting proteins, substances that prevent additional blood-vessel invasion of the joints in rheumatoid arthritis (chondroitin and glucosamine have no known effect on rheumatoid arthritis)
- naturally occurring glucosamine and chondroitin for the treatment of osteoarthritis, forms your body can more easily assimilate
- collagen, which has a body of evidence supporting its efficacy in treating arthritis
- calcium and phosphorus (15 percent and 7 percent respectively by weight), both of which are important for maintaining bone health and recommended by the FDA to fight osteoporosis.

Shark cartilage supplements are available in most health food stores.

Chapter 7

Ease rheumatoid arthritis pain, preserve joint tissue and mobility—without the side effects of drugs

A medical system practiced in Sri Lanka, India, and Nepal for nearly 4,000 years has yielded an herbal formula that appears more effective than Western medicines at easing pain and preventing tissue damage in people suffering from rheumatoid arthritis.

Unlike other forms of arthritis, rheumatoid arthritis (RA) isn't caused by wear and tear on the joints. Instead, RA is a crippling and still-mysterious autoimmune disease. For reasons that aren't clearly understood, RA prompts the immune system to malfunction and begin attacking healthy tissue, especially cartilage in the joints.

Pharmaceutical companies have developed drugs to ease the joint pain and swelling caused by RA,

but those products can induce significant side effects. NSAIDs (non-steroidal anti-inflammatory drugs like aspirin and ibuprofen) can cause stomach pain, bleeding, and ulcers. Cox-2 inhibitors, such as Vioxx, may pose a heightened risk of heart attack. In October 2001, the pharmaceutical company Centocor issued warnings that its RA drug (an anti-inflammatory called Remicade) could leave users more susceptible to congestive heart failure, tuberculosis, and other potentially fatal infections.

Drug companies have also designed some formulations to slow the progress of the disease. However, nearly all of those drugs include gold compounds which eventually become toxic to the body.

Consequently, most of the nearly 3 million

Americans who suffer from RA don't have safe and effective treatment options.

An herbal formulation based on Ayurvedic (traditional Indian) remedies, however, is proving to be **more effective** than some conventional arthritis drugs, **without hazardous side effects**.

JointCare from Himalaya USA, the same company that developed GeriCare (profiled in the August 2001 issue of *HSI Members Alert*), is a blend of herbal powders and extracts that have been used in traditional Ayurvedic formulas shown to relieve inflammation. JointCare combines eight herbs that attack both the symptoms of rheumatoid arthritis, as well as the agents that increase inflammation, create pain, and destroy joint tissue.

Ayurvedic formula may stop joint degeneration

At the S.N. Medical College and Hospital in Agra, India, researchers conducted a two-year study of JointCare involving 39 patients. Roughly half of the group received conventional RA treatment, while the other half received JointCare three times daily.

Researchers measured patients' condition, in part, through ESR tests. (ESR is a blood test that indicates the level of inflammation in the body caused by such conditions as rheumatoid arthritis. A high ESR rating indicates a high level of inflammation.) Test subjects in the JointCare group showed an average ESR drop of 52 percent, compared with a 44 percent drop among those receiving conventional therapy.

Before receiving treatment, all patients experienced joint pain. After receiving JointCare three times a day, only 12 percent had joint pain. Meanwhile, 33.3 percent of the conventional treatment group still complained of pain. Stiffness was completely eliminated in patients receiving JointCare, while half the conventional therapy group continued to experience stiffness.¹

Researchers used one further measure to assess JointCare's potential as an RA treatment. Alpha-I-AT is a protease (an enzyme) that naturally occurs in your body and can prevent diseases like RA from destroying joint tissue. Over the course of the S.N. Medical College study, Alpha-I-AT levels increased by 18.7 percent in the patients treated with JointCare. Levels rose by only 6.1 percent in patients treated with conventional drugs. Consequently, researchers speculate that

Reduce your risk of rheumatoid arthritis

While medical science doesn't entirely understand the workings of rheumatoid arthritis, it has identified several factors that put people at risk of developing the disease.

A few risk factors are out of your control. For example, women who experienced a short fertility period or suffered previous joint injuries face a greater risk of RA. Likewise, men who were born into a household that used well water stand a greater chance of developing the disease.

But other risk factors are lifestyle choices, and can be modified to reduce your chances of contracting RA.

During a 15-year study of RA sufferers at Linköping University in Sweden, researchers identified several conditions and lifestyle choices that appeared to increase the risk of developing RA. They include:

- Smoking
- Insulin use (women only)
- Long-term exposure to hair dyes and/or bleach (women only)
- Exposure to farm animals (men only)
- Exposure to household mold (men only)

JointCare may be able to prevent the destruction of some joint tissue and help RA patients retain their mobility.

Numerous other studies have demonstrated that JointCare can effectively reduce pain, swelling, and morning stiffness caused by RA. In one study involving 25 RA patients, 60 percent of the test subjects showed good to excellent improvement in their symptoms after six weeks of treatment with JointCare. No patients reported any adverse side effects.²

Another study, published in *Probe* in 1990, followed 17 rheumatoid arthritis patients who were treated with JointCare for periods ranging from five months to two years. All had severe morning stiffness and pain in as many as 12 joints. Patients were taking one or more analgesics and/or anti-inflammatory drugs, and complained of severe gastric problems stemming from this medication. When they began the JointCare study, they were asked to continue their conventional treatment and also take two

JointCare tablets three times a day for eight weeks. Researchers conducted weekly checkups to determine if the patients could reduce their dosage of conventional drugs. “In most of the subjects, it was possible to reduce the dosage without causing any deterioration in symptoms. In two patients, the existing therapy could be completely discontinued and they were maintained on [JointCare] alone.”³

Possible relief for other types of arthritis

Although RA works differently than other types of arthritis, JointCare seems able to help people struggling with non-rheumatoid varieties of the disease. In 1980, the *Indian Journal of Medicine* published a study of 75 osteoarthritis sufferers ranging in age from 23 to 82. Fifty subjects were treated with JointCare. The remaining 25 served as a control group and received conventional treatment. After nine months of treatment, 40 percent of the JointCare group was pain-free and another 40 percent was experiencing less pain and enjoying an increased range of movement. None of the JointCare patients experienced any gastric problems. Members of the control group experienced short-term or no pain relief.⁴

The formula's active ingredients are:

- Guggul—an anti-inflammatory agent⁵
- Boswellia—fights inflammation and supports healthy joints⁶
- Indian madder—an immune regulator
- Horseradish tree—a stimulant
- Gokshura—a natural steroid that reduces

Rheumatoid arthritis affects the entire body—not just joints

Arthritis comes in many forms, such as rheumatoid arthritis, osteoarthritis, infectious arthritis, and ankylosing spondylitis (stiffness of the spine). Common symptoms of rheumatoid arthritis go far beyond stiff joints. They include:

- Reduced range of motion
- Fatigue
- Low-grade fever
- Weight loss
- Dryness of eyes and mouth
- Color changes of fingers and toes
- Inflammation of eyes, heart, lungs, skin, or nerves
- Lumps of tissue known as rheumatoid nodules may appear near affected joint (usually near the elbow)

inflammation⁷

- Musk mallow—supports healthy joints
- Guduchi—inhibits bacterial growth and supports the immune system
- Licorice—stimulates the immune system

JointCare is available direct from the importer, Himalaya USA, which is a branch of the manufacturer, The Himalaya Drug Company of Bangalore, India. The recommended dose is one or two capsules daily. For ordering information, see the Member Source Directory at the back of this report.

Chapter 8

Natural version of “super aspirins” stops inflammation, pain... and may prevent ulcers rather than cause them

If you or someone you love suffers from chronic pain, you're likely familiar with the bittersweet relief of pharmaceutical painkillers. For most, it's not much of a choice: either live in excruciating pain or take the drugs so you can get out of bed in the morning—and hope you're able to live in reasonable comfort before they tear your stomach apart. But HSI has learned of a natural, safe alternative to these drugs that may finally give you more of a choice.

NSAIDs (nonsteroidal anti-inflammatories like aspirin and ibuprofen) have proven to be effective

painkillers. But they are known to cause stomach upset, ulcers, liver and kidney impairment, and gastrointestinal bleeding. Even the “super aspirins”—Cox-2 inhibitors such as Vioxx and Celebrex—reportedly pose a heightened risk of cardiovascular complications, including blood clots, heart attacks, and strokes. In total, more than 260,000 hospitalizations and 26,000 deaths each year are associated with long-term use of anti-inflammatories.

But one company in California believes it may have discovered a safe, natural alternative to over-the-

counter painkillers. This substance, called Nexrutine, is derived from an Asian tree and appears to be a botanical variation of the super aspirins. Studies show Nexrutine eases pain and inflammation by preventing the release of cyclooxygenase 2—more commonly known as Cox-2—a chemical in the body that causes inflammation and, consequently, pain. But unlike many anti-inflammatories, Nexrutine doesn't cause stomach upset. In fact, it may even prevent the formation of ulcers.

The future of pain relief found in ancient folk remedies

Next Pharmaceuticals—a natural products research and development company based in Irvine, California—began producing Nexrutine following a two-year search for a pain-killing botanical.

After investigating dozens of plants used in folk remedies, Next focused its research on *Phellodendron amurense*—a member of a plant family that has been used in traditional Chinese medicine (TCM) for 1,500 years to treat inflammation, arthritis, and abdominal pain. TCM practitioners refined an extract of the *Phellodendron*'s yellow bark into a drug known as *huang-po*.¹

Traditional botanical wisdom (and subsequent laboratory testing) also revealed that *Phellodendron* contains an alkaloid called berberine that has been used in Ayurvedic, Chinese, and other traditional medicines to kill bacteria and reduce inflammation for at least 3,000 years.² Earlier this year, researchers from the faculty of pharmacy at Gazi University in Ankara, Turkey administered an extract containing berberine to mice and rats suffering from inflammation. They observed “potent anti-inflammatory effects.”³

Nexrutine eases pain by blocking inflammation before it starts

Convinced that *Phellodendron amurense* was safe for human consumption and held potential as a painkiller, Next began conducting its own clinical research. Pharmacological screening showed that the botanical contains several anti-inflammatory fractions that also appeared to be analgesics (pain relievers). It also revealed that *Phellodendron* contained a stress-reducing component.

“There is an anxiety component to pain,” says Robert Garrison Jr., pharmacist and chairman of Next Pharmaceuticals. “If you can take down the stress component while you're giving an analgesic or

anti-inflammatory, you can have better overall pain reduction.”

Next combined the stress-reducing fraction with the key anti-inflammatory compound, and began testing the botanical's ability to ease pain.

Researchers at Cerep, a laboratory in France, exposed human cells to agents that trigger a release of Cox-2 and then added Nexrutine to the cell culture. The tests showed the extract was 95 percent effective at inhibiting the enzyme's release. Nexrutine, however, functions in a different way than many other Cox-2 inhibitors: Rather than inhibiting the enzyme itself, Nexrutine inhibits the gene that triggers production of the enzyme, thus preventing inflammation from happening in the first place.

The researchers then tested Nexrutine's impact on Cox-1, an enzyme that helps maintain the lining of the stomach and promotes healthy kidney function. Often, agents that suppress Cox-2 expression also suppress Cox-1, causing gastrointestinal distress and disease. Nexrutine did not inhibit the release of Cox-1, thus not contributing to any gastrointestinal diseases.^{6,7}

Study proves natural alternative as effective as popular “extra strength” over-the-counter pain reliever

In tests on laboratory animals, Nexrutine was compared to naproxen (a popular and long-acting NSAID, commonly found in products like Aleve and Naprosyn). Researchers gave each animal two doses of either Nexrutine (200 mg/kg) or naproxen (100 mg/kg)—one dose was given 70 minutes before administering an inflammation-inducing solution called formalin, the second dose 10 minutes before formalin. Nexrutine proved as effective as naproxen in offsetting inflammation and pain.

In an effort to determine how quickly and how long Nexrutine could treat pain, researchers gave different groups of laboratory animals 200 mg/kg of Nexrutine at different intervals ranging from 10 minutes to five hours before the formalin. The tests showed that Nexrutine acts quickly, significantly easing pain when taken as little as 10 to 30 minutes before the onset of inflammation. And the effects are long lasting—still providing relief when taken as much as three to five hours before inflammation was induced.⁸

In a human trial, researchers asked 53 dietary supplement users to take two to three 250-mg Nexrutine

capsules every day for two weeks. All the subjects suffered from joint or muscle pain, but none were taking prescription pain medications. Seventy-two percent of subjects said that Nexrutine effectively relieved stiffness and pain in the muscles and joints and enabled them to engage in more physical activity with less discomfort. No one reported any significant side effects, and 86 percent said that Nexrutine was gentle on their stomachs.⁹

Patients with arthritis and fibromyalgia find relief within seven days

At his clinic in Cincinnati, James LaValle, R.Ph., N.M.D., C.C.N., has used Nexrutine to treat between 150 and 200 patients suffering from arthritis, fibromyalgia, and general joint and muscle pain. On average, the extract has proven to be 70 percent effective at delivering ongoing pain relief, improved mobility, and diminished morning stiffness within seven days of beginning treatment.

A proponent of integrative medicine and author of the book *The Cox-2 Connection: Natural Breakthrough Treatment for Arthritis, Alzheimer's, and Cancer*, Dr. LaValle was particularly interested in finding an anti-inflammatory that didn't carry severe side effects.

"Pain control is important, but I think what is more important is your health," LaValle says. More than 80 percent of Americans over the age of 50 currently suffer from some form of arthritis, and people are developing the disease at younger and younger ages. "So you have people in their 20s now taking drugs that used to be reserved for people in their 50s. What does that say about the longevity of their kidneys and their livers and other vital organs? That's where my concern lies, and that's why I like people looking for safer first options for pain management."

Nexrutine combination formulas: The next arthritis powerhouse

While Nexrutine is currently being combined with other ingredients (such as glucosamine and chondroitin) in several natural pain-relief formulas, you can also buy pure Nexrutine. Recommended dosage is two to three 250-mg capsules daily. Researchers at Springborn Laboratories in Spencerville, Ohio, have verified that Nexrutine is not toxic even at much higher doses. They administered a single extreme dose (5,000 mg/kg) to lab rats and found "no significant gross internal findings" when they euthanized

A painkiller that prevents ulcers?

An ulcer is an area of tissue erosion, often in the lining of the gastrointestinal tract. Most frequently caused by a bacterial infection, ulcers can also be caused or exacerbated by stress, smoking, and anti-inflammatory medications.

In several tests on laboratory rats and mice, *Phellodendron amurense* has demonstrated an ability to inhibit the development of ulcers linked to aspirin, ethanol, stress, and other factors. Researchers have concluded that it prevents ulcers in two ways: by protecting cells in the GI tract and by lowering production of gastric acid.⁴

Scientists working for Kampo Research Laboratories in Osaka, Japan, uncovered further evidence of *Phellodendron's* anti-ulcer abilities. While analyzing the components of a traditional Chinese medicine for ulcers, they determined that oral doses of *Phellodendron cortex* (ranging from 25 to 100 mg/kg) inhibited the appearance of ethanol-induced lesions in the gastrointestinal tract—often the first phase of a gastric ulcer.⁵

and autopsied the animals 14 days later.¹⁰

While Nexrutine does not appear to cause gastric upset, all NSAIDs and Cox-2 inhibitors have the potential to reduce kidney function and increase the risk of high blood pressure. Consequently, Nexrutine should be used with caution. If you suffer from impaired kidney function, heart disease, or hypertension, consult your physician before trying this supplement. See the Member Source Directory at the end of this report for ordering details.

Member Source Directory

ALCAT Test (delayed food-allergy testing), Cell Science Systems, 1239 East Newport Center Drive, Suite 101, Deerfield Beach, FL 33442; tel. (800)872-5228 or (954)426-2304, fax (954)428-8676, www.alcat.com.

Cytolog (infopeptides), Natural Health Consultants, P.O. Box 1091, Vallejo, CA 94590; tel. (888)852-4993 or (707)554-1820, fax (707)647-3055, www.naturalhealthconsult.com.

Earth's Bounty Colloidal Silver, Matrix Health Products, 9316 Wheatlands Rd, Santee, CA 92071, tel. (800)736-5609 or (619)448-7550, fax (619)448-2995.

Flexanol, NorthStar Nutritionals, P.O. Box 925, Frederick, MD 21705, tel. (800)728-0684 ID#: NSNFLEX, www.northstarnutritionals.com.

JointCare, Himalaya USA. 10440 West Office Drive, Houston, TX 77024, tel. (800)869-4640 or (713)863-1622, fax (713)863-1686, www.himalayausa.com.

Lyprinol, The Vitamin Shoppe, 2101 91st St, North Bergen, NJ 07047, tel. (866)293-3367, www.vitamin-shoppe.com.

Nexrutine, Solanova. 7110 Redwood Blvd., Ste. A, Novato, CA 94945, tel. (800)200-0456 or (415)898-1704, fax (415)898-1666, www.nexrutine.com or www.solanova.com.

OxyMax and OxyCleanse (magnesium peroxide), Matrix Health Products, 9316 Wheatlands Rd, Santee, CA 92071, tel. (800)736-5609 or (619)448-7550, fax (619)448-2995.

PCR-DNA (general screen for mycoplasma), Immunosciences Laboratory, 8693 Wilshire Blvd., Suite 200, Beverly Hills, CA 90211, tel. (800)950-4686 or (310)657-1077, fax (310)657-1053, www.immuno-sci-lab.com.

(We regret that not all products and services are available in all locations worldwide.)

The above statements have not been evaluated by the U.S. Food and Drug Administration.
These products are not intended to diagnose, treat, cure, or prevent any disease.

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Ease arthritis pain and preserve joint tissue and mobility

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Report 4

Fat Burning Aids from the Underground

FAT-BURNING AIDS FROM THE UNDERGROUND

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Introduction

In this exciting new report, you'll learn about ...

Safe, Natural Weight Loss: a plan that works with your body to maximize weight loss.

The Fat-gobbling Chemical: It exists in your blood right now! Here's how to wake it up by using simple, little-known "tricks"...as well as a breakthrough new supplement that steps up your body's natural production of this beauty elixir.

Nature's Most Surprising Fat Fighter: This astonishing plant food keeps your fat production down, your energy high, and your appetite in check, safely.

This is the report the obesity industry does NOT want you to read.

If it were up to that industry, you'd still be eating the same old low-cal, low-nutrition, low-flavor foods...or paying hundreds of dollars for the latest dangerous—and almost always useless—prescription weight-loss drug.

The diet and diet-drug industries profit most when you know the least. But we at the Health Sciences Institute are not concerned with the profits of the diet industry. We're concerned only with your education and your control over your own health.

And here's our promise to you: The breakthroughs you'll discover in this report will take your breath away. They're unlike anything else you've ever seen, not only because they're simple and safe but also because they have truly unique properties and abilities. Chances are great that they will help you lose weight with ease.

And you won't have to fight your natural impulse to eat and enjoy food.

The fat-burning aids in this confidential report do NOT make you "hyper" and edgy...they do NOT make you weak and frail...they do NOT deplete your body of precious, essential nutrients...and they do NOT make your body revolt once you stop using them, so that you binge and store fat until you're back up to your original weight!

Before we show you the exciting treatments that you—as a member of the Health Sciences Institute—now have at your fingertips, we want to remind you, briefly, of the weight-loss options

available to your friends and neighbors. They probably only know about the weight-loss products offered by the mainstream diet industry. Consequently, they are at the mercy of powerful drug companies, false promises, and dangerous, experimental foods. Losing weight, the mainstream way, can be a very risky endeavor.

You pay them to starve you

Over one-third of adult men and women in America are overweight. And, collectively, we spend more than \$33 billion each year trying to lose weight, whether we do it by drinking diet shakes, popping over-the-counter appetite suppressants, joining diet centers, or paying our doctors (and drug companies) for expensive obesity drugs.

That's a lot of money, and a lot of potential harm to our bodies, especially in light of the fact that a full 90 percent of us gain back any weight we lose with the help of these fad diet aids! (And at least one-third gain back more!)

The side effects of these expensive diet aids range from nervousness and muscle loss, to heart problems, kidney trouble, and death.

You also deal with the side effects that hit your wallet, your self-esteem, and your natural, vital energy.

It's no secret: Popular diet fads succeed financially because they fail.

You go on a program, lose weight, gain it back, and return to the program. This is especially true with "quick-loss" diet-center programs.

Restricted, low-calorie diets disturb your metabolism, ultimately sending your body into a starvation mode...until it doesn't want to let go of any more stored energy (fat). And, of course, when you add the stress and anxiety of not being able to enjoy the foods you love to the metabolic trauma you've put your body through, by the time you go off the diet, you virtually have no choice: You have to binge!

All the weight comes back, and then some. So where do you turn? How about to the new prescription obesity drugs?

**Weight-loss drugs:
Miracle pills or killer capsules?**

As an HSI member, you're going to learn some disturbing facts about the fat-burning aids that get promoted...and those that get buried. You'll also see exactly why many safe fat-fighting remedies are driven "underground."

You'll start by getting the answer to this key question: "Who profits from your struggle to lose weight?"

Actually, a better question might be, "Who doesn't profit?"

Drug companies spend up to \$400 million—and commit at least seven years of research time—just to

get a drug approved by the FDA (and that doesn't even include the billions spent on ads directed to you... and to your doctors). The FDA approval process alone is a time-consuming, resource-draining commitment. And often the entire medical community—drug companies, physicians, hospitals, and medical journals—make major financial commitments every step of the way.

Drug companies offer incentives, "gifts," and kickbacks to encourage physicians to test their drugs on patients. And once a drug is approved... even the physicians can start to profit! Here's a chilling example: a diet powder that made hundreds of doctors \$62,000 a piece.

A few years back, the Nutritional Institute of Maryland sponsored a weight-loss plan that used a diet powder it had manufactured. Participating physicians bought the powder diets from the institute and resold them at twice the price. The institute promised that physicians, who enrolled 15 new patients a month and followed them for an average of 3.8 months, would earn \$62,000 a year from the sales—not to mention the \$6,000 per patient they would earn for performing diagnostic tests to monitor the patients' health.¹

But that's just the beginning.

| The newest weight-loss drugs: more of the same | | | |
|--|----------------------|--|--|
| Drug Name | Company | Chemical Actions | Side Effects |
| Sibutramine (Meridia) | Knoll Pharmaceutical | Boosts levels of serotonin and another brain chemical, noradrenaline, by inhibiting their reuptake | Elevates blood pressure in susceptible individuals; may cause addiction |
| Orlistat (Xenical) | Hoffmann-LaRoche | Prevents absorption of fat in the intestine by disabling pancreatic enzymes | Possibly increased incidence of breast cancer; promotes loose stools; causes oily intestinal leakage |
| Bromocriptine (Ergoset) | Ergo Science | Changes patterns of brain chemicals | Disturbs natural insulin levels |
| Leptin | Amgen Corporation | Tells the brain to cut back on eating and speeds up metabolism | Possibly contributes to type 2 diabetes |

Medical journals are supported by drug companies, which pay hundreds of thousands of dollars to purchase ad space. In fact, these journals are so desperate for this support that they often look the other way when confronted by serious errors in studies and advertisements.

A weight-loss breakthrough?

Remember the “weight-loss breakthrough” called leptin? This little miracle protein was all the rage...for about a month. It was shown to make fat mice lose 30 percent of their weight in just three weeks. Researchers theorized that overweight people were deficient in leptin, a protein that sends the brain messages to “stop eating.” Analysts predicted leptin would be the first \$10-billion-a-year drug! Researchers raced to develop leptin for use in humans.

Until a few months later, that is, when the researchers made a significant discovery: namely, that obese men and women do, in fact, have plenty of leptin. They just don't have the ability to process its signal properly. The drug was quickly discovered to be no true obesity cure. And more recent research points to leptin as a possible contributor to type 2 diabetes.²

And yet the Amgen Corporation, having already invested billions into this faulty treatment, continues to promote it, throwing it into the pool with the other fat-loss drugs you can get today...or will soon be able to get.

Some will promise to speed up your metabolism...some will claim to speed up digestion... and

one is supposed to work by preventing absorption of fat in the intestine! But the fat simply leaks out of your body—that's right; it's called “intestinal leakage”—and takes with it vital nutrients, including vitamins D and E, and betacarotene.

Death in a capsule

Remember the “weight-loss miracle” known as “fen-phen?” In 1996, a combination of the diet drugs fenfluramine and phentermine known as fen-phen was introduced to the market—even after reports surfaced during the testing phase that the drugs caused potentially dangerous elevations in blood pressure. Despite the known risks, fen-phen was prescribed to over 18 million people to help them lose weight. Tragically, several people died and hundreds of others suffered serious degeneration of their heart valves before the FDA, in September 1997, finally made it illegal to prescribe the lethal combination.

With that in mind, let's take a look at the newest weight-loss superstar, sibutramine (sold under the trade name Meridia). The FDA's initial response was to deny approval of sibutramine because of concerns that it raised blood pressure. (Sound familiar?) It's rather ironic that FDA approval came swiftly after all, once fen-phen was removed from the market. Whatever the motivations for the approval of sibutramine, it's more important than ever to avoid these weight-loss “wonder” drugs—drugs that can make you sick and even kill you.

Chapter 1

Turn your body into a fat-burning machine with the help of this Ancient Ayurvedic secret

Whether it's a few pounds (or more), there are good reasons for dropping that extra weight. It's not just a matter of being a size smaller. It's protecting your health from the risks that come along with being too heavy—and from going on diet after diet, only to gain weight back.

Here at HSI we scoured our sources to learn more about safe, natural remedies that can aid weight loss—and it's not just by curbing your appetite. Losing weight—and keeping it off—is complicated. It

depends on addressing the many contributing factors, like diet, exercise, stress, and nutrition. What we found can help support all of your weight-loss efforts.

Ironically, the promising new remedy we learned about is also among the oldest. It is part of Ayurvedic tradition, practiced in India for centuries.

It's called *garcinia cambogia*, and it's made from the dried rind of the Indian fruit garcinia. Modern research

has shown that the active ingredient in garcinia is hydroxycitrate (HCA). HCA can help regulate appetite and maximize carbohydrate utilization.

Emerging research done in lab work and with mice suggest that HCA can help jumpstart metabolism and help burn fat more efficiently. HCA has also been found to help maintain cholesterol and triglyceride levels.

Get that chocolate high while losing weight

We also learned of another all-natural phytochemical that can support the emotional side of your weight-loss efforts. It's called *theobromine*, and it's found in, of all things, chocolate. Since the days of the ancient Aztecs, humans have known of the pleasurable effects of chocolate. But until recently, we didn't understand that those effects were caused by theobromine. Luckily, this mild stimulant, which is similar in structure and effect to caffeine, can be isolated from the fat and calories of chocolate. It can make you feel more peaceful and more energized—both things that can aid a weight-loss program.

Natural products that help calm and relax you can also support your efforts to eat healthy. Believe it or not, American Indians have been using an herb called passion flower for centuries to relieve tension and stress. Widely used in Europe as a sedative, passion flower can relieve tension, irritability, and anxiety, as well as improve sleep quality.

Curb cravings and hunger pangs with time-tested herb

We've talked about the emotional aspects of eating, but what about the physical ones? Let's face it, there are physical responses from the body when it desires food. Have you ever heard and felt your stomach growl? And surely you're familiar with those pangs you feel that signal hunger. The problem is, our bodies are conditioned to "ask" for food even if we don't physically need it. That's why herbs that calm the stomach and soothe the intestines can help support your efforts to eat less.

Chamomile is one of the oldest tricks in the book for that purpose. Chamomile tea has been used for years to relieve gas and indigestion and improve digestion. And as an added bonus, chamomile also soothes the nerves and aids sleep.

Finally, you've got to remember that the real object of weight loss is better health, not a certain number on the scale or a certain clothing size. And to that end, nothing is more important than protecting your body from free-radical damage. If you are overweight, chances are you're already putting more stress on your body than you should. And losing weight may actually expose you to even more free radicals—they are released during the breakdown of proteins and fats. Adding *antioxidants* to your diet or supplement program is a good habit to form now and continue even after you reach your weight-loss goal. There are a lot of antioxidants out there—they're found in fruits and vegetables, and in many supplements. If you eat at least five servings of fruits and veggies each day, that's a good start. Blueberries are a particularly rich source of flavonoids, a type of antioxidant that has shown exceptionally strong free-radical fighting properties.

One convenient supplement delivers complete weight-loss support

The good news is that you don't have to hunt down all these individual supplements, or swallow half a dozen pills with each meal. Because there's a formulation that contains all five—garcinia, theobromine, passion flower, chamomile, and an antioxidant-rich blueberry extract—in one convenient capsule.

It's a new product called Weight Guard Plus, with ingredients that are anything but new. Each component of the formula has been used for many years in traditional herbal medicine with no dangerous side effects. And although people are just starting to learn about it, the initial reports are very exciting.

For ordering information, see the Member Source Directory at the end of this report.

Chapter 2

The Olestra experiment: How does it feel to be treated like a lab rat

You've probably already heard of the "breakthrough" fat substitute called Olestra. It's the dieter's dream come true! Eat all the potato chips, cheese puffs, and tortilla chips you want; they're now FAT FREE and just as delicious!

The FDA has approved Olestra, even though it not only causes diarrhea and cramping but also depletes the body of important cancer-fighting nutrients! In order to monitor the long-term effects of Olestra, the FDA has restricted it to certain snack foods. These foods, which will contain a warning label, will be tracked by the FDA to see if Olestra is safe enough to be used more widely.

In other words, this is a colossal experiment: a nationwide study capable of turning all 269 million Americans—including you—into guinea pigs!

In an effort to modify public opinion about the negative effects of Olestra on one's health, Proctor and Gamble (the manufacturer of Olestra) recently sponsored a study that examined its effects when consumed in minute amounts.¹ The results? If you eat just one bag of Olestra chips, *you'll have less diarrhea and cramping than if you eat larger amounts*. Perhaps, like us, you find these conclusions less than reassuring.

And that's just the beginning of the plastic foods and fad diets that will threaten your health in the years to come—foods that may cause bone loss, clogged arteries, and even tumor growth!

But in the middle of this flood of drugs and fake foods, a few safe and successful treatments will emerge to reanimate the lives of those who are lucky enough to hear about them. For example...

Chapter 3

Flirting with perfection: Open the floodgates to the youth elixir in your blood

There's a hormone in your body; the primary function of which is to make you beautiful and strong.

It's no joke! In fact, this hormone has the ability to make you so stunningly strong and vital that as soon as the bodybuilding industry got wind of it, it began researching ways to enhance its production!

This hormone is called, simply, growth hormone (GH). Despite its simple name, GH does a lot more than stimulate growth. It causes tissue to grow and stored energy (fat) to be consumed.

The problem is, however, that nature played a cruel trick on us. As we age, our bodies make less and less of this magic chemical!

When you were a preteen, growth hormone stimulated your skeletal growth. In your teens and early 20s, it reduced stored fat and increased muscle and tissue mass. Sadly, when you hit your mid 20s, GH production started to slow...and it continues to slow to this day.

But you can still tap into it...and turn your body into a youth machine designed to tone you down to your most trim, energetic, and healthy form.

Before we tell you about the different ways to stimulate GH production—including through the use of a new, safe, and powerful GH-stimulating supplement—we want to warn you about the GH stimulants on the market that are, in fact, dangerous.

As we mentioned before, such a powerful youth- and beauty-enhancing chemical is of obvious interest to athletes and bodybuilders. The sports market provided much of the motivation for early research and experimentation with growth hormone. **Anabolic steroids** have been abused for years by people interested in bodybuilding to enhance their athletic performance. But the effects of overuse of artificial substances have often been tragic. Another GH stimulant, **synthetic human growth hormone**, has been available since 1986. Though it is not nearly as dangerous as anabolic steroids, it has been linked to heart disease, and some forms can actually cause antibodies that combat growth hormone.

But here's a simple, safe strategy for stepping up your body's GH production.

- **Eat more cereal grains, nuts, and seeds.**

Although these foods contain less arginine than do

meat, potatoes, and milk, they also contain less of the amino acids that compete with arginine to cross the brain-blood barrier where they can act on the hypothalamus.

- **Supplement your diet with liquid potassium.**

Researchers have discovered a correlation between a reduction in growth hormone and the reduction of dietary potassium. Although you can restore your body's potassium levels by eating natural, whole foods (which have more potassium than sodium), rather than processed foods (which almost always have more sodium than potassium), this is often easier said than done. Liquid potassium tonics are available in health stores.

- **Snack often...**as long as you are snacking on low-sugar, healthful foods! This will keep your blood-sugar level stable. Maintaining stable blood-sugar levels keep your pancreas from producing excess insulin. When there's too much insulin in your blood, your body reacts by producing a chemical called somatostatin. Somatostatin suppresses insulin release...but it also suppresses GH release! This is also a good reason to avoid sugary sweets (especially before bedtime): High sugar snacks prevent the release of GH!

- **If you enjoy exercising, be sure to avoid eating at least two hours before you begin.** To make the best of the small, exercise-induced release of GH, your blood-sugar level must be stable.

- **Make sure you don't eat (again, especially high-sugar foods) within two hours of sleep:** In adults, the largest daily secretion of GH begins about an hour after the onset of deep sleep.

- **Take the dietary amino acid arginine.** As stated before, it has been shown to act on the hypothalamus, which produces a growth-hormone-releasing hormone (GHRH).

HSI Panelist Dr. Allan Spreen told us that arginine is one of the best-known stimulants of the formation of growth hormone by the human body.

As he pointed out, "The injectable HGH (human growth hormone) is risky, as it causes the body to make less of its own, while arginine is the antithesis of that—it causes the body to make *more* of its own. Growth hormone is a wonderful 'youth agent,' and we make less as we age. The effects of rejuvenating the body (its skin, muscles, energy, what-have-you) apparently have been shown to extend to the immune system also."

This safe, proven plan can help you reverse aging, eliminate obesity, and even, according to some experts, convert your body to the Tarzan or Jane musculature into your seventh, eighth, ninth, and even 10th decades!

AN IMPORTANT ASIDE

You're probably already familiar with your body's needs for the essential fatty acids found in olive oil and fatty fish, such as salmon and mackerel. Your body needs these fats in order to maintain good heart health, to keep your cells properly lubricated, and to transport the fat-soluble vitamins, A, D, E, and K. Essential fatty acids make up a major part of the membranes surrounding all cells. Unsaturated fats help your body handle saturated ones. A small amount of fat is an important aspect of healthful dieting.

Chapter 4

Nature's surprising fat fighter: You knew it was good for you... now find out how it helps you lose weight fast!

In a recent obesity study, a group of rats was given a choice of the usual fare of American supermarket snack foods. Remarkably, the animals chose biscuits, chocolates, and marshmallows over regular nutritionally balanced chow.¹

In 60 days, these ravenous creatures gained an average of 78 grams...which, for a rat, is a lot.

Yes, even a rat can be seduced by foods that are fast, simple, and stimulating.

No one is immune to the temptations of 20th-century, fast-food cuisine. But these foods are not only high in fat and calories and almost devoid of any real nutrition, but also lacking a crucial fat-fighting nutrient—one that you simply cannot afford to be without.

Overcoming the pitfalls of our modern, fat-promoting culture can be as simple as adding to your diet this naturally occurring nutrient that is fat-free, cholesterol-free, calorie-free...and almost completely missing in popular supermarket junk foods: fiber.

**It may not be new and exciting...
but it IS radical...and it works!**

You see, we are bombarded with foods that have been processed so extensively that they are virtually devoid of fiber. Eighty percent of the food we consume in this country is processed. The more the product is refined, the more fiber is removed.

**This remarkable nutrient naturally
blocks the absorption of fat!**

When healthy adults are fed equal amounts of fat in the forms of whole peanuts, peanut butter, and peanut oil, more fat is absorbed from the peanut oil than from the peanut butter, and more from the peanut butter than from the whole peanuts. Why? Fiber blocks the absorption of fat—and hence calories—in the intestines.

The greater your fiber consumption, the higher your caloric waste. Fiber causes a true alteration in digestion and in the absorption of fat. Part of the fat becomes “associated” with fiber, so that it is unavailable for digestion and increases fat excretion.

What’s more, when you consume enough fiber, both your small and large intestines contain more watery material. When your bowels are full, you do not feel empty. You stop eating.

**What happens when you remove
fiber from your foods?**

Quite simply, you gain weight much more easily. Here’s why.

There’s an enzyme in your fat tissue that has the primary function of protecting you from starvation. As soon as any weight loss takes place, this enzyme sends a message to your brain to increase your caloric intake. (Like it or not, this is how our bodies have been responding across the centuries; a response more suitable to an age long before the availability of 4,000 foods in your 24-hour supermarket.)

Now, when you eat a natural, high-carbohydrate food that’s been stripped of fiber... you’re dumping

too much sugar into your blood, causing the production of too much insulin.

Too much insulin initiates communication between this enzyme and your brain! In other words, when you eat foods devoid of fiber, you are essentially sending the message “I’m starving!” to your brain, setting in motion the chain of events that leads to slowed calorie burning and more stubborn fat-storage mechanisms.

As you can see, fiber is critical to maintaining a healthy weight.

But how can you get enough fiber in your diet—the 40 to 60 grams required for weight control—when you get only 6 grams of fiber in five heads of lettuce? Two grams of fiber in an apple? Very little fiber in leafy greens? You can’t!

Even worse, if you dine out often, or don’t have time to buy and prepare fresh, fiber-rich foods on a regular basis, you’ll never meet your daily requirement through your diet.

But you can manage a high-fiber intake without making major adjustments to your usual eating regimen.

Fiber supplements contain naturally occurring plant fiber. The formulas are derived from plants that are basically old-fashioned foods but are cloaked in late-20th-century technology.

Note these advantages of fiber supplementation in powder form:

- Grinding fiber into very fine particles makes it more readily digestible.
- Fiber supplements slow digestion, a very beneficial metabolic advantage.
- A high-quality fiber supplement offers standardized pectin, otherwise available only through the consumption of fruits, which may be off-limits to those with blood-sugar problems or those who eat out more than at home.
- Different types of fibers vary in function, and supplements contain a greater variety than you would ordinarily get on your dinner plate even if you chose natural foods as your meal choices.

Taking a fiber supplement on a regular basis assures an ongoing weight-loss advantage on two counts. First,

it makes you feel full, which helps control your food consumption. Second, it adds no calories! With supplementation, you can manage a high-fiber intake without adding significant calories—a double whammy to those extra pounds!

It can't be overstated: Fiber is the only component in your daily diet that contains no calories, no fat, and no cholesterol!

An ancient health and beauty secret revived

Two thousand years ago, Hippocrates encouraged high-fiber diets. Fifteen years ago, Denis Burkitt came to this country from England and Africa to share his knowledge about fiber. No one seems to have paid much attention to either of these men of renown.

But the Health Sciences Institute wants you to be fully aware that the addition of a fiber supplement is in your best health interest and is a highly effective way to help lose weight safely and naturally.

There are a few good fiber supplements available. (A good supplement has a blend of natural fibers.) Among them are the following:

- gums, especially guar gum, which moderates sugar absorption better than any other fiber
- psyllium seed husk, which will have a beneficial effect on your glycemic index, your body's response to sugar, and also has great bulking activity
- pectin, mentioned above

Start your fiber supplementation slowly. Work up very gradually to 3 level teaspoons in at least 12 ounces of water. The more water you drink, the better. After two weeks, take the mix twice a day. If necessary, take it three times a day.

It's not necessary to spend a small fortune on fiber, though. You can get a perfectly good fiber supplement containing the above ingredients at your local health-food store.

Member Source Directory

Weight Guard Plus, NorthStar Nutritionalst; tel. (800)913-2592; www.northstarnutritionals.com;
Ask for ID# NSNWGP.

(We regret that not all products and services are available in all locations worldwide.)

Please note: HSI receives no compensation for providing editorial coverage for the products that appear in your Members Alert. HSI is a subsidiary of the same holding company as NDI Solutions, the distributor of NorthStar Nutritionals, RealAdvantage and Pure Country Naturals supplements.

The above statements have not been evaluated by the U.S. Food and Drug Administration.
These products are not intended to diagnose, treat, cure, or prevent any disease.

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This is the report the obesity industry does not want you to read

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Nature's surprising fat fighters: You knew it was good for you...now find out how it helps you lose weight fast!

¹ Tordoff, *American Journal of Physiology* 2002

Report 5

7 Times Smarter *Stop Memory Loss* *Dead in its Tracks*

7 TIMES SMARTER: STOP MEMORY LOSS DEAD IN ITS TRACKS

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As we age, it is very common to observe a gradual decline in mental ability, chiefly memory lapses and difficulty in concentration. These are the result of brain aging: structural changes that take place in our brains as we grow older. Although these changes may be “normal” in the sense that they happen to almost all of us, that does not mean that they are inevitable.

Are you suffering from brain aging?

Signs of brain aging include difficulty in remembering names, directions, words, and appointments; disorientation; memory lapses; and even depression and anxiety. These symptoms can signal the beginning of a breakdown in brain circulation and nerve communication. Even if you’ve begun to notice subtle signs of decline, it’s not too late to take action. With the help of targeted brain nutrients, these connections can be rejuvenated and restored.

Chapter 1

Safe, natural substances nourish your brain and support mental acuity

There are a number of natural substances you can safely use to support memory and alertness. Modern research has discovered some—and validated others, used for centuries in traditional medicine. Some of these substances work by increasing the amount of oxygen and nutrients available to the brain. Others work more indirectly, boosting the mind by increasing energy levels and supporting mood.

Deliver more super-oxygenated nutrient-rich blood to the brain

For over 20 years, a derivative of the Vinca minor plant (or lesser periwinkle) known as vinpocetine has been used as a prescription medication in Europe and Asia to increase the flow of oxygen to the brain. Research shows that vinpocetine increases cerebral blood flow. This boost in circulation helps support memory and cognitive retention.

Garner more help from ginkgo

As a powerful vasodilator, ginkgo biloba enhances recall and mental focus in much the same way as vinpocetine—by allowing your blood vessels to transport as much nourishing, oxygen-rich blood as possible to your gray matter.

Free of side effects, Ginkgo biloba also offers headache relief, improvement of vision and hearing, and relief from stress—a key factor in cerebral functioning we discuss more later in this chapter.

Oxygenated blood is critical to the functioning of a healthy brain, but special chemical “messengers” called neurotransmitters are what boosts cognitive

performance even higher. Among the various neurotransmitters produced naturally by your body, acetylcholine is the most powerful, and a lack of it can be disastrous. In fact, many forms of age-related cognitive decline have been linked to a deficiency of acetylcholine in the brain.

This is where phosphatidylcholine (lecithin) comes in. Serving as a major structural component of cerebral cells, it plays a vital role in supplying the nutrient “raw materials” your brain needs to maintain production of neurotransmitters like acetylcholine.

Lecithin can also help support short-term memory—things like serial learning, word recognition and recall—in healthy people of all ages.

Boost mental and physical energy

Many people live in a kind of low-energy “fog of the mind” for the majority of their days—especially as they get older. Poor sleep quality, insufficient dietary nutrients, or an overload of mental stress—all can tax your mind into numbness and inefficiency. The link between energy levels and mental acuity is, quite simply, undeniable. And, again, there are natural substances that can raise both levels, helping your brain perform at its very best. Among these are:

DMAE (Dimethylaminoethanol) – What DMAE has that other neurotransmitter-promoting chemicals don’t are some well-documented energy enhancement properties.

One study of older adults revealed that 71 percent experienced increased motivation and relief from anxiety.¹ Respondents also reported an increase

in mental focus and alertness for several hours following their dosage. And another six-week study reported all of the subjects in the DMAE group experienced an overall improvement in muscle tone, as well as increased mental focus.² DMAE is shown to have a positive effect on the ability of the brain's two halves to communicate and interact, which lends verbal and creative abilities a valuable boost.

Trimethylglycine (TMG) – Also known as betaine, TMG is a compound of the amino acid glycine. Supplementing with betaine has been shown to protect liver function. The largest organ in the body, the liver is essential to overall health.

Pantothenic Acid – Well known in the alternative health community and among athletes as a natural stamina-enhancer, pantothenic acid also plays an absolutely crucial role in aiding your body in the production of the vital intelligence-boosting neurotransmitter acetylcholine.

Lift your mood—and improve your memory and cognitive performance

Three safe, natural substances have been shown to be effective mood-elevators and focus-enhancers. They are:

Inositol – This safe and effective natural remedy frees your mind from stress and anxiety—so you can get some real, clear-headed thinking done. Naturally present in your body, inositol is vital for the health of your entire nervous system.

This vital natural substance (which is often grouped with the B-vitamin family) can help promote relaxation and clear thinking.

As an added benefit, inositol can also contribute to energy metabolism. In fact, animal studies have shown a significant, measurable increase in physical activity for up to five hours post-administration.

GABA (gamma-aminobutyric acid) – Research shows that lower than normal levels of GABA in the brain and nervous system are linked to some types of anxiety. An important amino acid-based neurotransmitter, GABA helps to regulate brain and nerve cell functioning, producing a calming and focusing effect that's widely known in the mental health community. Within a well-balanced nervous system, GABA protects against overloads in the neural pathways—and against over-excitement or impulsive lapses in judgment.

N-Acetyl-L-Tyrosine – An amino acid building block, N-Acetyl-L-Tyrosine is an important component in the basic structure of all proteins in the body—and is also the precursor to a pair of neurotransmitters (L-dopa and norepinephrine) that are vital for optimum mental functioning. By boosting production of these vital neurotransmitters, N-Acetyl-L-Tyrosine functions as a natural relaxant—especially if you're under any kind of duress or anxiety.

One new formula provides these nine nutrients—and more

The nine nutritionals discussed above should be available in most health-food stores. Also, NorthStar Nutritionals brings all these natural ingredients together in Sense of Mind. And then NorthStar adds in 19 more vitamins, minerals, and antioxidants—providing 28 super-nutrients to help you have the healthy, stress-free body you need for optimum mental acuity and memory.

For information on how to order Sense of Mind, see the Member Source Directory at the end of this report.

Chapter 2

Ancient herb can make your mind young again

New research has led to a breakthrough in the treatment and prevention of brain aging. It's a compound called *huperzine A*, extracted from the Chinese club moss, or *Huperzia serrata*. Used in traditional Chinese medicine for centuries to treat fever and inflammation, this compound has now been shown to bring about significant improvements in cognitive and intellectual performance in patients with Alzheimer's disease and age-related cognitive decline, and it may improve memory and learning in healthy patients as well.

Alan P. Kozikowski, Ph.D., a professor of pharmacology at Georgetown University's Institute of Cognitive and Computational Sciences in Washington, D.C., stated that "according to animal research, it [huperzine A] can actually slow the progression of Alzheimer's disease. In other words, huperzine A has neuro-protective activity, which is really exciting. It makes this supplement really stand out from other treatment modalities."

Researchers at Beijing's Institute of Mental Health conducted a four-week study on huperzine A, administering it to 101 patients with age-associated memory impairment. At the beginning of the four-week study, none of the patients was within the normal range for memory. At the end of the four weeks, however, over 70 percent of those in the huperzine-treated group had improved to within normal memory limits.¹

How does huperzine A work?

Huperzine A is similar in action to the drugs currently used to treat Alzheimer's disease in that it is a powerful acetylcholine esterase (AChE) inhibitor. AChE is an enzyme that destroys the neurotransmitter acetylcholine and terminates the nerve signal after it has been transmitted. Acetylcholine, which is released at the synapse between two nerve cells, facilitates memory and learning. In some memory disorders, such as Alzheimer's disease, the memory nerve impulse is destroyed before it has been received by the adjacent nerve cell. Thus, by inhibiting AChE, the memory nerve impulse is lengthened in duration, resulting in improved memory and cognitive function.

According to researchers at the Weizmann Institute of Sciences in Rehovot, Israel, and at Georgetown University in Washington, D.C.,

huperzine A is superior in the following ways to the leading drugs licensed for the treatment of Alzheimer's:²

- Huperzine A improves learning and memory in mice better than does tacrine.
- Huperzine A acts specifically on AChE in the brain rather than on the AChE found elsewhere in the body.
- Huperzine A does not appear to bind to receptors in the central nervous system, which can cause negative side effects.
- Its effects last 10 to 12 times longer than those of physostigmine and tacrine.
- Huperzine A is less toxic than the leading drugs, even when administered at 50 to 100 times the therapeutic dose.

A marriage of ancient wisdom and leading-edge science

Huperzine A has been used as a prescription drug for treating dementia in China for years. But we've found an innovative formula that augments huperzine with other brain-specific nutrients.

Brain Protex by Nature's Sunshine combines three powerful antioxidants which cross the blood-brain barrier to protect the brain cells. It also contains two nutrients that act as "brain food," namely Ginkgo biloba and phosphatidyl serine. Together, the antioxidants and the nutrients protect the brain from damaging free radicals and boost mental capacity.

Nutrients found in Brain Protex

Phosphatidylserine (PS) is an essential fatty acid that is necessary for optimal brain functioning. It keeps the membranes of the brain cells fluid and pliant, allowing the cells to absorb nutrients more efficiently. It also stimulates the activity of neurotransmitters, the "messenger" chemicals that relay nerve signals from cell to cell, literally helping you think. More than two dozen controlled clinical trials have demonstrated that supplementation with PS greatly improves learning and memory.

In a recent study of 149 people, age 50 or older, who had "normal" age-related memory loss, some study participants took 100 mg of PS three times a day for 12 weeks while the others took placebos. By the end of the experiment, the people taking PS bene-

fited from a 15 percent improvement in learning and other memory tasks, with the greatest benefit coming to those with the greatest impairment. Furthermore, these significant benefits continued for up to four weeks after the patients stopped taking PS. Clinical psychologist Thomas Crook, one of the study's authors, said the study suggests that PS "may reverse approximately 12 years of decline."³

In another 12-week study, 51 people (average age: 71) took PS supplements and improved their short-term memory. They could better recall names and the locations of misplaced objects. They remembered more details of recent events and could concentrate more intently.⁴

Ginkgo biloba is a well-known botanical remedy used in the treatment of circulatory diseases, with particular value in the treatment of brain aging. Ginkgo increases circulation to the brain and is a potent antioxidant, helping to prevent free-radical oxidation in the brain.

Rhododendron caucasicum, also known as the "snow rose," grows at altitudes ranging from 10,000 to 30,000 feet in the Caucasus Mountains of the Republic of Georgia (formerly part of the Soviet Union). Many scientists believe *Rhododendron caucasicum*, which is regularly consumed in the form of Alpine Tea, is a primary cause of Georgians' remarkable longevity. (One census of the Republic's 3.2 million people, identified nearly 23,000 citizens over the age of 100.) Foreign hospitals have used this plant to treat heart disease, arthritis, gout, high cholesterol, blood pressure problems, depression, neuroses, psychoses, and concentration problems.

In the 1950s, Soviet scientists began vigorously researching *Rhododendron caucasicum*. Over the next four decades, numerous clinical trials explored the therapeutic values of the extract. It proved to be an excellent free radical scavenger (an "ultra-antioxidant" according to some researchers), capable of protecting the body from cell mutations that can weaken the immune system and cause heart disease, cancer, strokes, kidney failure, and emphysema. It exhibited a tremendous ability (stronger than grape seed extract or pine bark extract) to purge harmful bacteria from the body, while allowing good bacteria (probiotics) to remain.

Rhododendron caucasicum, however, demonstrated special abilities to protect and treat the brain. Researchers discovered that its extract bolsters the cardiovascular system, increasing blood supply to the muscles and especially the brain. Studies also demonstrated that *Rhododendron caucasicum* increases the brain's resistance to unfavorable chemical, physical, and biological imbalances. At the First Lenin Medical Institute in Moscow, researchers treated 530 patients with various forms of neuroses and psychoses with *Rhododendron caucasicum*. Within 11 weeks of treatment, the majority of the patients regained normal conscious thought and demonstrated heightened mental abilities.

Lycopene is a powerful antioxidant found in tomatoes, pink grapefruit, apricots, and watermelon. Observational studies have produced evidence that diets high in lycopene may reduce the risk of cancer, especially tumors in the prostate, colon, stomach, lung, or mouth. Researchers also believe lycopene may help prevent cataracts and macular degeneration (a gradual loss of vision which is the leading cause of blindness among older Americans).

Alpha-lipoic acid is a sulfur-containing fatty acid found in every cell of the body. It is a key component of our metabolic system, helping to convert glucose (blood sugar) into energy to serve the body's needs. It is also a universal antioxidant, capable of eliminating free radicals in water and in fatty tissue.

Lipoic acid has been most commonly used (particularly in Germany) to treat nerve damage caused by diabetes. One randomized, double-blind, placebo-controlled study of 503 individuals concluded that intravenous lipoic acid helped relieve symptoms (pain, numbness, extreme constipation, and irregular heart rhythms) for three weeks.

Researchers now believe lipoic acid may also help retard cataracts and neuro-degenerative diseases, including Parkinson's and Alzheimer's.

Brain Protex can be ordered through The Herbs Place. The recommended dose is two capsules at mealtime twice a day. (See the Member Source Directory at the back of this report for ordering information.)

Could it be Alzheimer's disease?

In its early stages, Alzheimer's can be indistinguishable from "normal" brain aging. But when treated in its earliest stages, its progression can often be dramatically slowed. Recently, very exciting research has shown that nutrients like huperzine A and Ginkgo biloba can even reverse damage that has already occurred.

The cause of Alzheimer's remains unclear, although research reported in recent issues of our *Members Alert* points to several possible culprits, including herpes infection, high homocysteine levels, and aluminum toxicity. As always, a preventive approach is the best defense. You can reduce your risk factors by taking some simple steps now.

Test for heavy-metal toxicity. Hair analysis provides reliable and inexpensive screening for heavy-metal toxicity that can cause serious neurological problems, as well as for mineral imbalances and deficiencies that can affect heart health, bone density, energy metabolism, and other factors. You can work with your physician to obtain one of these tests. One lab we know of is Doctor's Data. For more details see the Member Source Directory.

Reduce your aluminum load. Hair tissue analysis can tell you if your body has stored unhealthy

amounts of aluminum. The most common sources of aluminum are cookware, deodorants, baking soda, and antacids. High aluminum levels can be chelated with **malic acid** supplements. The recommended dosage is 500 mg three times a day for no more than three weeks. It is highly recommended that you work with a professional who can monitor your tissue levels and advise you on the protocol. See the Member Source Directory for ordering information.

Keep your homocysteine levels low. This toxic amino acid, also a culprit in the development of heart disease, can increase your risk of Alzheimer's disease. Supplementation with a homocysteine-lowering formula like **CardioSupport** (see the Member Source Directory) can help keep this killer at bay.

Supply brain-targeted nutritional support. Make sure your brain gets an adequate blood supply, sufficient oxygenation, and adequate nutrient support.

If memory lapses, episodes of verbal or spatial disorientation, or personality changes become more frequent or severe, it is important to consult a doctor for a definitive diagnosis.

Chapter 3

Flower power keeps your brain alive

In Alzheimer's patients, chemicals in the brain, called neurotransmitters, go haywire. Neurotransmitters aid communication among brain cells and help electrical impulses jump the tiny gaps (called synapses) between nerves.

In the 1970s, researchers discovered that people with Alzheimer's disease (AD) have low levels of a key neurotransmitter called *acetylcholine* (a-see-tull-KOH-leen). Not only does acetylcholine help brain cells communicate, but it also plays a vital role in memory, learning, and other cognitive functions. In advanced AD patients, acetylcholine levels plunge by 90 percent. At that point, even the personality is affected.

Acetylcholine is produced in an area of the brain called the basal forebrain. Unfortunately, these cells naturally deteriorate with age and are among the first damaged in the early stages of Alzheimer's disease. When these brain cells die, acetylcholine levels drop dramatically—affecting a patient's memory and capacity for learning.

The problem is compounded in AD patients when an enzyme called *cholinesterase* is introduced. Cholinesterase cleans up unused acetylcholine in the brain by breaking it down into its component parts. In a healthy person, this is a natural process. But in AD patients, it can add insult to injury and cripple an already impaired memory by further reducing already low levels of acetylcholine.

The current medications for AD, known as "cholinesterase inhibitors," work primarily by stopping the damage of cholinesterase to optimize the levels of acetylcholine. Aside from harsh side effects, such as liver damage, seizures, and depression, their biggest downfall is that they lose their effectiveness within one year.

Does the snowdrop plant hold the key beyond the temporary relief of drugs?

Working with researchers at Life Enhancement Products, a pioneering nutritional development and research company, we've uncovered dozens of recent

clinical trials on a natural flower extract that surpasses the effectiveness of prescription drugs.

Galantamine, an extract from the snowdrop flower, daffodil, spider lily, and other plants, has been traditionally used in Eastern Europe to treat a variety of minor ailments. Current research shows its greatest promise is its ability to bring the progress of AD to a virtual standstill and rejuvenate cognitive function.

Like prescription drugs, galantamine blocks the action of cholinesterase—allowing for greater levels of acetylcholine—and *boosts the production of new acetylcholine* neurotransmitters in the brain.¹

Furthermore, animal studies have found that galantamine does something else no other drug currently being prescribed can do: It stimulates acetylcholine *receptors*, called *nicotinic receptors*, in the brain—over an extended period of time. In AD patients, these receptors wear out and the brain isn't able to transport acetylcholine from one cell to another. In addition, when nicotinic receptors are healthy and active, they're thought to inhibit the formation of beta-amyloid plaque deposits, a hard, waxy substance that results from tissue degeneration and is often found in the brains of AD patients.² While the current AD drugs initially help stimulate the nicotinic receptors as well, the effect isn't long-lasting. Nicotinic receptors appear to become desensitized to most drugs over time—often within a year—thus making them ineffective in this respect. Unlike AD drugs, galantamine stimulates nicotinic receptors without appearing to cause desensitization when used for an extended period of time.³

Increase memory and cognitive function—and keep it

Scientists in Auckland, New Zealand, found that AD patients in several studies (with 285 to 978 patients taking 24 milligrams of galantamine per day for three to six months) achieved significant improvements in cognitive symptoms and daily living activities as compared to a placebo-treated control group. They also found that galantamine delayed the development of behavioral disturbances and psychiatric symptoms. After 12 months of treatment, patients using galantamine maintained their cognitive and functional abilities.⁴

Researchers in Belgium conducted a study with 3,000 AD patients enrolled in one of five randomized, controlled, double-blind groups. Various levels

of galantamine were tested (16, 24, and 32 milligrams per day) against placebos, and in every study the galantamine-treated patients maintained their cognitive abilities while the placebo-treated subjects experienced significant deterioration.

Prior to entering each of the five studies, patients were evaluated according to the cognition portion of the Alzheimer Disease Assessment Scale. Each subject's performance was assessed in 11 areas measuring memory and orientation. A score of zero meant the patient made no errors, while a top score of 70 meant he suffered from profound dementia. Results from the patient evaluations showed that moderately severe AD patients treated with galantamine had a seven-point advantage over similarly afflicted subjects in the placebo groups. Researchers found that the optimum dosage of galantamine was 24 milligrams per day. Groups treated with 32 milligrams demonstrated no additional improvement in their cognitive abilities.⁵

In another multicenter, double-blind trial, galantamine delayed the progress of the disease throughout a full-year study. Conducted at the University of Rochester Medical Center, 636 patients with mild to moderate AD were given galantamine or a placebo for six months. At the end of the period, patients taking galantamine experienced improved cognitive function in relation to the placebo group. Patients taking 24 milligrams of galantamine improved by 3.8 points. Additionally, based on clinician and caregiver interviews, the galantamine group performed significantly better in the completion of daily activities and exhibited fewer behavioral disturbances. Moreover, the benefits of galantamine are long-lasting. Baseline cognitive scores and daily function continued to be high when retested at 12 months for patients taking 24 milligrams of galantamine.⁶

Not only that, but researchers have also determined that galantamine regulates the release of the neurotransmitters glutamate, gamma-aminobutyric acid, and serotonin—all of which play a vital part in proper memory function.⁷

Galantamine fights mental deterioration and increases memory and cognitive abilities—even in Alzheimer's victims

A recent series of comprehensive clinical trials unveiled some exciting new potential for galantamine, not only for treatment but also for prevention and overall cognitive function.

Researchers once thought AD patients who inherited two copies of the apolipoprotein E gene (*APOE* genotype) believed to cause AD wouldn't benefit as much from cholinesterase inhibitors as other AD sufferers. In four international placebo-controlled clinical trials lasting from three to 12 months, researchers at the Janssen Research Foundation in Belgium studied 1,528 AD subjects with two copies of the *APOE* genotype and tested the efficacy of galantamine. While those with two copies of the specific gene had an earlier onset of AD symptoms, they received equal benefit from galantamine supplementation as compared with those who had AD from other gene types. So regardless of the genetic origin of AD, galantamine improved cognitive abilities and capacity to handle normal day-to-day activities.⁸

In addition to forgetting things and not being able to draw on previous learning experiences, AD patients have an impaired ability to learn new tasks. In recent animal tests, researchers found that galantamine modifies the nicotinic receptors so there's an increased release in the amount of acetylcholine in addition to acting as an acetylcholinesterase inhibitor. Scientists concluded that daily administration of galantamine over a period of 10 days results in an increase of conditions that are known to augment learning opportunities in AD patients.⁹

Put all these characteristics together, and the overall result for AD patients—as dozens of clinical trials prove—is that the disease slows *dramatically* and the victim's memory can stabilize and even improve. The latest studies add to the growing body of evidence on the preventative potential of galantamine and its ability to rejuvenate your overall learning and performance.

Rescue your brain—cell by cell—starting today

The proof of galantamine's effectiveness in treating AD is so impressive that it's already being put to use around the world. Under the market name Reminyl,[®] it has been used widely in 15 European countries. In 1999, Janssen Pharmaceutica submitted Reminyl to the FDA for approval; the FDA sanctioned it for use in AD patients the beginning of March 2001.

But approval by the FDA is only the first step on a long path to getting help for the patient. According to the National Academy of Sciences' Institute of Medicine, important research discoveries can take as long as 17 years before information about them filters down to doctors and hospitals. And even if your doctor knows about a supplement or drug, your HMO or insurance company might not approve it because of the expense. Or they may feel you don't have sufficient need for a particular drug. Regardless of the potential benefits, mountains of red tape and bureaucratic nonsense might prevent you from getting the products you need.

The good news is you don't have to wait. While the pharmaceutical giants, insurance companies, and HMOs fight to get their extracts packaged, marketed, and distributed, you can protect your memory and intellect and put a stop to the advance of AD with the natural form of galantamine.

It's currently available from Life Enhancement Products in a formula called GalantaMind,[®] which combines galantamine with vitamin B₅ and choline. Refer to page 10 for purchasing information.

Galantamine does have a few minor side effects: nausea, vomiting, and diarrhea. However, they can be significantly reduced and even eliminated by taking smaller initial dosages and working up to the full dosage over a week's time.

The mountain of evidence on the benefits of galantamine for Alzheimer's patients is undeniable. Anyone battling this difficult disease should consider asking his/her doctor about it.

Member Source Directory

Brain Protex, The Herbs Place; 27 Fleetwood Dr, Palmyra, VA 22963; tel. (866)580-3226; www.theherb-splace.com/brain.html.

CardioTotal, Gold Shield Healthcare Direct; 1501 Northpoint Parkway, Suite 100, West Palm Beach, FL 33407; tel. (800)474-9495; www.goldshieldusa.com.

Hair Toxic Element Exposure Test, Doctor's Data, 3755 Illinois Ave, St. Charles, IL 60174; www.DoctorsData.com. *Note: Test must be ordered by a physician.*

GalantaMind (Galantamine), Life Enhancement Products, Inc; P.O. Box 751390, Petaluma, CA 94975-1390; tel. (800)534-3873 or (707)762-6144; www.life-enhancement.com.

Sense of Mind, NorthStar Nutritionals, P.O. Box 970, Frederick, MD 21705; tel. (800)913-2592; www.northstarnutritionals.com. Ask for Code: MBR009.

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The above statements have not been evaluated by the U.S. Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

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Safe, natural substances nourish your brain and increase mental acuity

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Ancient herb can make your mind young again

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Report 6

Today's Most Urgent Health Discoveries

TODAY’S MOST URGENT HEALTH DISCOVERIES

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Chapter 1: General Maladies

AUSTRALIAN BREAKTHROUGH AGAINST ASTHMA AND ALLERGIES

Australia has the highest incidence of asthma in the world. One out of every four Australian children is afflicted with the disease. But a remarkable new preparation, developed by a private Australian research company, is causing a small revolution. In many cases, asthmatics have been able to throw away their inhalers after a few weeks, sparing themselves the potentially deadly risk of steroid medications.

The natural preparation causing such a stir in Australia is Oralmat, a patented extract of *Secale cereale*, more commonly known as ryegrass. This completely non-toxic and pleasant-tasting liquid is administered under the tongue (three drops, two or three times a day), allowing the active ingredients to be absorbed directly through the mucous membranes of the mouth, bypassing the digestive system.

Researchers report that adult asthmatics get significant relief—often enough that they can reduce or eliminate other asthma medications—after using Oralmat drops for three to four weeks. In children, the effect is often much more rapid.

Allergies, infections, and immune disorders also improve

But asthma is just one of dozens of conditions that reportedly improve with Oralmat. Scores of anecdotal and clinical reports indicate success against allergies; colds; influenza; chronic fatigue syndrome; viral, fungal, and bacterial infections; HIV-related complications; diabetes; multiple sclerosis; Gulf War syndrome; and other maladies. In five years of clinical use, not a single adverse response has been reported.

Dr. Chris Reynolds was the first doctor to use the extract in a clinical practice. In an article for the *Australian Naturopathic Practitioners and Chiropractors Association Journal*, he admitted his initial surprise at Oralmat's effectiveness:

"Having never prescribed an herbal medication during my 25 years as a doctor, the efficacy and broad spectrum of activity of this product surprised me. The manufacturers appear to have achieved an

important medical breakthrough."¹

Oralmat's impressive results

Dr. Reynolds has used Oralmat with hundreds of patients, accumulating an astonishing catalog of beneficial outcomes:

- In chronic fatigue syndrome, symptoms usually abate within seven to 10 days.
- Patients with multiple sclerosis experience a "dramatic reduction in fatigue" and fewer and less-severe relapses.
- Diabetics, both insulin-dependent and noninsulin-dependent, report lower blood-glucose levels and a reduction in insulin requirements.
- Cold and flu symptoms frequently disappear within hours of administration.
- Asthmatics frequently are able to discontinue prescribed medication after a few weeks of use.
- Hayfever and allergic rhinitis—even severe, chronic cases—improve rapidly, sometimes within minutes of administration. Rapid drainage of congested sinus passages relieves sinus headaches.

"The extract appears to be a powerful immunomodulator," Dr. Reynolds concludes. "It is inexpensive, it's not unpleasant to take, and administration is simple. It could replace many traditional medications, eliminate many adverse reactions, and palliate or cure multitudes."

Other doctors from around the world have reported dramatic improvements in patients with chronic fatigue syndrome, Gulf War syndrome (GWS), chronic hepatitis, herpes infections, and HIV/AIDS.

Philip Princetta, D.C., of Atlanta, Georgia, also reports impressive results with allergy and asthma patients:

"The Southeast United States, and Atlanta, Georgia, in particular, is a well-known allergy area of the world. The damp tropical climate allows for a plethora of allergens. Even some of my worst allergy patients responded very well to the drops and suffered a minimum of 50 percent less this past spring."

The sum of its parts

Chemical analysis reveals a few active ingredients: phytoestrogens (including genistein and matiresinol), coenzyme Q₁₀, squalene, and beta 1,3 glucan. Each of these constituents is known to have significant health benefits.

Although the presence of these compounds provides some insight into Oralmat's powers, many questions remain unanswered. The manufacturers do not specify what amounts of these immune-stimulating substances are found in the product, but they appear to be relatively low. Other benefits, such as relief of allergies and reduction of insulin dependence, would not ordinarily be expected from these constituents—at any potency.

The extraordinary anecdotal reports about Oralmat have prompted investigators at John Hunter Hospital in Newcastle, Australia, to conduct more rigorous, placebo-controlled trials. The first, begun last fall, will evaluate the effectiveness of Oralmat as an asthma medication, alone and in combination with prescription medications. The trial has not yet been completed, but researchers are reporting “extremely promising” preliminary results. A trial on chronic fatigue syndrome is scheduled to begin next year.

A spokesperson for the manufacturer of Oralmat points out that “such strictly supervised medical testing of natural herbal remedies only happens when the evidence of their success has reached a level that the conservative medical profession can no longer ignore.”

For more information on ordering Oralmat, see the Member Source Directory at the back of this report.

RELIEVE ACID REFLUX AND INDIGESTION WITH BRITISH COMPOUND

We all suffer occasionally from acid indigestion. When it's continuous, however, it's not only painful, it can be dangerous. Acid reflux (which funnels acid up out of your stomach and into your esophagus) can damage esophageal tissue and create even more burning discomfort. And relief is hard to find. Conventional medications often provide an incomplete remedy or carry unpleasant side effects.

In Great Britain, however, a simple herbal remedy

has been providing people with effective, safe, thorough relief of acid indigestion and reflux for more than 100 years. Incredibly, it has not made its way to the United States...until now.

Readers of HSI's e-Alert may recall our first coverage of this natural cure. Back in December, we related this discovery from panelist Allan Spreen, M.D. after his colleague experienced incredible relief from acid indigestion by using this herbal remedy.

Dan Denning was hounded by acid reflux for years. After trying various over-the-counter drugs, his doctor prescribed Prilosec®—one of the many medications being featured in the flood of TV drug commercials these days. However, like most drug-commercial darlings, Prilosec also comes with its own quick list of side effects—some just an uncomfortable nuisance, some potentially serious. The list includes headaches, dizziness, skin rashes, diarrhea, vomiting, and stomach pain.

Unhappy with the drug, Dan continued to search for an alternative. On a trip to England, he mentioned his problem to a friend, who told him about Potter's Acidosis—a natural remedy made by a British herbalist in business since 1812.

Potter's Acidosis is made from meadowsweet, charcoal, and rhubarb, which have long histories of calming gastrointestinal disorders.

Fights the source of acid reflux while relieving symptoms

Meadowsweet has been studied extensively and shown to have anti-ulcer activity. It can even protect the stomach from lesions associated with aspirin use.¹ Rhubarb has been used in traditional Chinese medicine for gastric disorders and as a treatment for bleeding duodenal ulcers.² It has also been shown to fight bacterial growth in the intestinal tract—an important function in people suffering from digestive disorders, since bacteria can grow in food that isn't properly digested in the stomach.³

Charcoal, while not widely known today, has been a mainstay of natural medicine. One of the properties of charcoal is its ability to quell gas in both the stomach and the intestinal tract. When whole or partially digested food is passed through the digestive system, it can cause gas as a side effect. Charcoal often alleviates that problem.

Experience near permanent relief from occasional use

When he first started using Potter's Acidosis, Dan got immediate relief from his acid reflux without any unpleasant side effects. He now takes the supplement only when he has a problem—which is rare.

We have not been able to locate anyone in the United States who sells Potter's Acidosis. However, you can purchase it, using a credit card, from Potter's Herbal Supplies in England. Ordering information is listed in the Member Source Directory. Please note: If you are taking blood-thinning medication, check with your doctor before using Potter's Acidosis; meadowsweet contains heparin (an anticoagulant found in tissue) and has anticoagulant properties.⁴ Also remember that anything containing charcoal should be taken on an empty stomach to ensure that the charcoal doesn't absorb nutrients and minerals and reduce intestinal absorption of these nutrients. Do not take Potter's Acidosis at the same time as other medications. The charcoal can reduce your absorption of prescription medications.

POTENT PLANT EXTRACT REDUCES MIGRAINES BY 50 PERCENT

"I have a terrible migraine."

It's a statement that elicits different reactions from different people—everything from "Isn't it all just in your head" to "You're under too much stress." If you suffer from migraines, you've heard it before. But let's set the record straight. A migraine headache is a neurological and vascular disease—*not* a psychologically induced condition—which has recently been proven to have a strong genetic link. In fact, in a few years migraines may actually be diagnosed through a DNA test.

And, contrary to popular belief, a blinding headache is just one symptom of a migraine attack. The disease can also cause nausea and vomiting, sensitivity to light and sound, limb numbness, and speech impairment. Untreated, migraines can even lead to serious physical conditions, including strokes, aneurysms, permanent visual loss, coma, and *even death*.

A migraine attack can last for hours, days...even weeks

Attacks can be caused by environmental factors like bright lights, loud noises, exposure to second-hand smoke, or just by walking outside on a windy day. Physiological causes include lack of sleep, muscle tension, stress, and menstrual cycles. Many foods trigger migraines—anything containing the amino acid tyramine (red wine, aged cheese, smoked fish, some beans), monosodium glutamate (an additive in many foods), or meats containing nitrates (bacon, hot dogs, salami). Specific culprits often include chocolate, citrus fruits, and many dairy products.

Migraine pain is caused by the inflammation of blood vessels in the tissue surrounding the brain. The inflammation in the brain triggers nerve endings to release a flurry of neurotransmitters, sending chemical messages of pain throughout the body.

Butterbur extract proven to reduce migraine incidence by 50 percent

But now there's a solution for those who suffer from crippling migraines. The HSI network has uncovered a potent plant extract that prevents inflammation of the blood vessels and tissue in the brain. It's been used safely in Europe for 25 years and has recently been proven to reduce the incidence of migraine headaches by 50 percent.¹ Petadolex (derived from the *petasites hybridus* plant commonly known as butterbur) is a natural supplement that not only prevents occurrences but also helps to manage pain during a migraine attack. Indigenous to Northern Asia, Europe, and North America, the butterbur plant grows on the banks of rivers and streams. The medicinal use of this large, leafy plant dates back to antiquity, when it was used to treat digestive tract spasms, asthma, and whooping cough. In the Middle Ages, butterbur was used to combat the plague.

Works like prescription drugs... but without the pain

Virtually ignored during much of the 19th and 20th centuries, butterbur is now garnering the interest of scientists throughout the world who are interested in its pain relieving properties. Modern studies have shown that the plant extract helps control

migraines by reducing muscle and tissue spasms and by easing the inflammation of blood vessels throughout the body. In this respect, Petadolex is similar to prescription migraine medications. One recent randomized, double-blind clinical study at the University of Munich looked at the effectiveness of Petadolex over a three-month period. Patients were recruited for the study if they experienced at least three migraines per month over a period of at least one year.

Results of the study showed that patients given Petadolex twice a day for three months experienced longer intervals of time between attacks and a reduction in attack intensity.²

Petadolex reduced the average number of migraines from 3.4 to 1.3 per month

Patients who took Petadolex experienced a 50 percent reduction in migraine frequency after 12 weeks. By comparison, patients taking the placebo only experienced a 10 percent reduction of migraine occurrences. When asked to assess the overall benefit of their treatment, 74 percent of Petadolex patients said they'd benefited from the study treatment, compared to only 26 percent of the placebo group.³

In addition to lower intensity of pain and shorter duration of migraine attacks, these patients also experienced a significant reduction in the frequency of nausea, lack of appetite, and sensitivity to noise, smell, and light. And there were no side effects associated with taking the supplement.

Find relief with two capsules a day

The formulators recommend you take one capsule twice a day with food. Continue to take the capsules for four to six months. After that, you can stop, and the benefits will remain with you—even while no longer taking Petadolex.

Made from a completely natural substance, Petadolex is available without a prescription.

If you suffer from the pain of migraines, this could be your ideal, side-effect-free solution. See the Member Source Directory at the back of this report for more information.

CENTURIES-OLD ANDEAN SECRET: MACA CAN IMPROVE YOUR SEX LIFE

Hidden in the high altitudes of the Andean Mountains in Peru is one of the world's oldest, and perhaps most powerful, sexual stimulants—maca. A staple of the Andean diet and culture, the maca-plant root has been used for centuries to improve stamina, sexual function, fertility, and more.

On the Junin Plateau, where maca thrives, the altitude ranges from 11,000 to 14,500 feet, and the extremes of heat and cold, high winds, and rocky soil prohibit the growth of most crops. But residents of the region, dating as far back as the Incan Indians, have known and celebrated the effects of this simple, hardy plant. Now, as its powerful effects have become more publicized and celebrated by local governments, scientists are finally taking a good look at this herbal aphrodisiac.

New research proves maca's ancient powers

Maca is an annual, cruciferous plant, from the same family as radishes, cauliflower, and cabbage. Its botanical name is *Lepidium meyenii*, and while it is sometimes referred to as Peruvian ginseng, it is no relation to the ginseng plant. But, as is the case with ginseng, science is beginning to show that it can increase stamina and performance.

Little lab research had been done on maca—until now. Recent studies conducted by scientist at Pure-World Botanicals, in conjunction with Shenyang Medical College and Liaoning College in China and the Chinese Academy of Preventative Medicine, demonstrate maca's effects on libido and sexual function. In several studies examining its effects on mice and rats, the researchers found that it significantly increased the number of times the mice had sexual intercourse and improved the erections of rats with erectile dysfunction.¹

Boosted libido—in just one day

In the first study, male mice were randomly divided into three groups: two experimental groups and one control group. Each experimental group received a different formula of maca extract (M-01 or M-02), provided twice daily at a dosage of 40 mg per gram of body weight. The control group received a regular granulated feed. After 21 days of this regimen,

the mice were placed in cages with female mice. During the subsequent three-hour period, the frequency of sex among the M-01 mice was 2.9 times that of the control group, while the M-02 mice had 4.1 times more sexual encounters than the control group.

The second study further confirmed these findings, in a shorter time span. Male mice were randomly divided into two groups of 10. One group received regular feed, while the other received about 96 grams of the M-01 maca formula—for just one day. That same day, five female mice were put in each male's cage. The next morning, vaginal smears from each female mouse were examined for the presence of sperm. The number of sperm-positive females in the maca group was 2.5 times higher than in the control group.

Maca can help support erectile function

With confirmation that maca increased libido, the researchers then sought to learn if it could help with erectile function. A group of 90 rats was divided into experimental and control groups. In each group, there were an equal number of normal rats, testosterone-treated rats, and castrated rats. The castrated rats in the experimental group were divided into smaller groups to receive varying dosages of the different maca formulas (M-01 and M-02), while the control-group rats received a regular diet.

After 20 days, researchers used an electric pulse to stimulate each rat's penis. They measured the amount of time between the initial stimulus and the achievement of a full erection. The findings showed that castrated rats treated with certain dosages of the maca formulas achieved erection rates similar to or better than those of normal rats and those treated with testosterone.

What is the magic in maca?

There are still many unanswered questions about how maca works, but the body of knowledge is growing. It seems to be an *adaptogen*, meaning it helps to restore balance and normalize bodily functions compromised by stress, in this case caused by hormone levels. Hormonal secretion is controlled by the hypothalamus in the brain and the pituitary gland, by their sending messages to the organs and glands that secrete hormones, such as the ovaries, testes, adrenal glands, pancreas, and thyroid. By stim-

ulating the pituitary and the hypothalamus, maca can provide a needed stimulus to jump-start the process and help maintain the body's hormonal balance.

Maca is about 59 percent carbohydrate, 10 percent protein, and 9 percent fiber. Linoleic, palmitic, and oleic acids make up the 2.2 percent of the fat found in maca. It is a good source of iron, magnesium, calcium, potassium, and iodine and contains valuable plant sterols.² Maca also contains compounds called isothiocyanates, which are thought to play a role in regulating hormone secretion and enhancing libido. The calcium and magnesium in maca may benefit the female endocrine system, as may the iodine, through its impact on the thyroid gland.

Newly discovered compounds are key to maca's powers

But several recently discovered compounds might provide the true explanation for maca's powers. Dr. Qun Yi Zheng of PureWorld Botanicals revealed the presence of several new compounds in maca, including the long-chain fatty amides macaenes and macamides.³ Of the two different formulations of maca fed to the experimental mice, the M-02 formula contained more macaenes and macamides. The mice that were fed the stronger concentration of the compounds showed more dramatic results than those fed the weaker extract. This suggests that these compounds play a crucial role in maca's sexual impact.

Dr. Zheng's discovery of macaenes and macamides, as well as the results of the clinical study on the effects of maca on the sexual activity of mice and rats, appeared in the April 2000 issue of the peer-reviewed medical journal *Urology*. Dr. Zheng is very excited about having his work included in this prestigious publication. "This is the first time, worldwide, that a study on the effects of maca has been accepted by a peer-reviewed journal," said Dr. Zheng. "We are very pleased with the response we are getting to our research."

Maca can help men and women

While maca's ability to affect sexual function in men may receive the most attention, it is far from its only reported use. Maca's ability to support hormone balance may impact both men and women.

For men, the results are fairly straight-forward. A lack of testosterone in men can cause decreased libido. Maca can stimulate the production of more testosterone, boosting libido and improving sexual performance.

For women, the regulation of hormones may relieve a whole host of troublesome symptoms. In menopausal women, maca can help even out the estrogen and progesterone levels, relieving such symptoms as fatigue, night sweats, dizziness, and palpitations. It may also help reduce vaginal dryness. Maca has also been used as a natural fertility aid for centuries.

Aside from the gender-specific benefits, maca has also been reported to improve overall physical performance, stamina, energy, and concentration.

Powerful results without dangerous side effects

Remember, maca is a *food*. An entire culture of people has been relying on it as a staple of their diet

for centuries, without any discernable side effects. Clinical studies have supported these observations. Toxicity studies at Product Safety Labs in East Brunswick, New Jersey, showed that maca has no toxicity and no negative pharmacological effects.⁴

Of course, the research on maca is still primarily animal-based. More double-blind, placebo-controlled human trials are needed. If you do decide to give maca a try, note that some experts recommend alternating periods on and off of maca to maximize results. For example, you might alternately take it for 90 days and then stop for 30 days. There are no reported problems with withdrawal during the off periods.

Dosage recommendations vary, depending on the formula you take and its concentration.

The nutritional experts at NorthStar Nutritionals developed an all-natural supplement called ReVitaMan, featuring maca as the key ingredient. While high-quality maca is the foundation of this formula, ReVitaMan further enhances libido function by adding muira puama and catuaba bark. For ordering information, see the Member Source Directory.

Chapter 2: Anti-Aging

TURN BACK THE CLOCK WITH NATURE'S NEW FOUNTAIN OF YOUTH:

Six times stronger than the anti-aging secrets of the stars

Judging from the thousands of books and articles on "youth" hormones like DHEA and melatonin, you might never guess that these supplements are relatively minor players in the emerging field of longevity medicine. In truth, these hormone-replacement strategies, while useful and effective, pale in comparison to the anti-aging power of human growth hormone (HGH).

Benefits of HGH replacement therapy include the following:

- increased muscle mass
- decreased body fat

- reduced LDL cholesterol
- restored hair growth
- increased endurance
- improved sexual response
- upgraded immune function
- improved skin texture and elasticity

But you won't find bottles of HGH lining the shelves at your local health-food store. Scientists hadn't been able to harness the undeniable power of this anti-aging wonder in a safe and effective—or even affordable—way until this past year.

Recently, however, scientists have uncovered new strategies that allow you to enjoy the age-reversing, energy-enhancing, disease-fighting power of human growth hormone, without dangerous side effects and at a fraction of the cost of risky hormone injections.

What is growth hormone?

Human growth hormone, also known as somatotropin, is produced by your pituitary gland. High levels of growth hormone stimulate the growth and maintenance of bone tissue and muscle mass. Growth hormone also facilitates the repair of damaged DNA within the cell, as well as proper cell division. In this way, growth hormone may hold the key to slowing and reversing the aging process.

Most of the beneficial effects of growth hormone are achieved through the actions of a chemical called insulin-like growth factor-1 (IGF-1). IGF-1, produced throughout the body in response to the presence of growth hormone, acts to enhance and correct intracellular communications and functions.

Are you in somatopause?

As with hormones like testosterone and DHEA, the level of growth hormone in the blood drops dramatically as you age. The decline starts at around age 30, and by the time you are in your 60s or 70s, your growth hormone levels may be practically undetectable, a state sometimes referred to as somatopause.

Somatopause corresponds almost exactly with most of the outward manifestations of aging—sagging skin, waning muscles, hair loss, bone loss, reduced energy, poor memory, reduced sex drive, etc.

Scientists have repeatedly shown that therapies that increase the level of circulating growth hormone can reverse the signs of aging that accompany somatopause. The challenge has been to find growth-hormone replacement therapies that are both safe and affordable.

20 years of aging reversed in six months

It all started in 1990, when Dr. Daniel Rudman stunned the world by reporting in the *New England Journal of Medicine* that he had reversed “10 to 20 years of aging” in 12 elderly men by injecting them with human growth hormone.¹

Dr. Rudman had been injecting his subjects with HGH three times a week for six months. In that time, their body fat was reduced by an average of 14 percent and their lean muscle mass increased by almost 9 percent. Their skin grew measurably thicker and more youthful looking, and they reported more

energy and an increased sex drive.

In the seventh month of injections, however, the first warning bells went off. Several subjects developed debilitating carpal tunnel syndrome—the growth hormone was apparently stimulating unregulated growth of the cartilage in the wrist. Others developed severe arthritis, high-blood pressure, congestive heart disease, and diabetic-type conditions.

Although the side effects diminished when the drug was discontinued, so did the benefits. Subsequent studies verified both the benefits and the risks observed in Rudman's original study.

Growth-hormone injections might increase your risk of cancer

One of the ways that growth hormone works is to stimulate the turnover of the body's cells. The fear is that it could also disarm the mechanism by which the body prevents the uncontrolled cell division that allows tumors to form. Some studies have observed an increase in cancerous tumor growth with the use of HGH.

We already know that among children who receive HGH as a treatment for growth disorders (the only FDA-approved use of HGH), the incidence of leukemia is double that of the normal population.

Preventing “somatopause”—an all-natural therapy to reverse aging

Many people assume that the body's production of growth hormone slows as one ages. But as researchers James Jamieson and L.E. Dorman, D.O., explained in a groundbreaking presentation before the American College for Advancement in Medicine (ACAM) in 1997, your pituitary gland continues to produce human growth hormone well into your 70s and even into your 80s (unless you have a pituitary disorder).

As you age, however, a number of factors begin to interfere with your body's ability to release its supply of growth hormone into the bloodstream. To make matters worse, the tissues of the body become increasingly insensitive or resistant to what little growth hormone is still circulating.

Jamieson and Dorman have focused their research on substances called secretagogues—natural substances that aim to reverse somatopause by stimulating the

release (or secretion) of growth hormone. Their unique secretagogue formula is called Symbiotropin.

Symbiotropin contains no human growth hormone—or any other hormone. Instead, it contains safe biological activators (including specific amino acids, proteins, and botanical extracts) that, by stimulating certain receptors in the pituitary and hypothalamus glands, help your body release its sequestered stores of growth hormone.

The effect mimics (or exceeds) the benefits of HGH injections: You'll likely experience a decrease in body fat, improvement in skin texture, lowered cholesterol levels, sharper vision, improved memory, enhanced sexual performance, and increased energy—in short, all the benefits of growth hormone therapy—but minus the high risk of complications and the \$1,000 price tag.

A potent anti-aging therapy that's absolutely safe—and proven effective

In a study of 36 people, scientists evaluated the effectiveness of Symbiotropin by measuring the levels of IGF-1, a signal that growth hormone is active in the body. Over 12 weeks, IGF-1 levels increased by an average of 30 percent.²

But study participants were already convinced, reporting improved energy, endurance, and body composition after only four weeks. After eight weeks, the subjects reported new hair growth, restoration of hair color, and improved skin texture and tone. No side effects were observed.

Doctors who have been using Symbiotropin in their practices are also reporting phenomenal results. Some indicate that it has been three to four times more effective than growth-hormone injections. Part of the reason lies in the fact that Symbiotropin mimics the action of the pituitary gland much more closely than growth hormone injections.

Another significant advantage of Symbiotropin is that it does not suppress the body's own production of HGH (as hormone injections do). In fact, the formulation actually increases your own natural production of the hormone in addition to facilitating its release into your system.

Symbiotropin is formulated in effervescent tablets, which can be dissolved in water. For more

information on the product, refer to the Member Source Directory at the back of this report.

POWERFUL ANTIOXIDANT, FOUND AT SEA, MAY SAVE YOU FROM AMERICA'S LEADING CAUSE OF BLINDNESS

On the shoreline of Kona, Hawaii, an industrial-sized incubator is cultivating microscopic algae. Normally such algae would be nothing more than fish food. But this algae may yield one of the world's most potent safeguards against cancer, heart disease, and blindness.

More than 13 million Americans over the age of 40 suffer from age-related macular degeneration (ARMD). This gradual decay of the macula—a central area of the retina that provides our most acute vision—is caused by ultraviolet light, air pollution, genetics, drug use, and countless other factors that degrade eye cells. ARMD produces irreversible vision loss and ranks as the single leading cause of blindness.

Researchers at Aquasearch Inc. of Hawaii and the University of Illinois Urbana-Champaign, however, believe they've discovered a phytonutrient in the ocean that could prevent the onset of ARMD...as well as lower the risk of cancer, cardiovascular disease, and neurodegenerative diseases.

At HSI, we've been looking for something that addresses ARMD for a long time. This is the *first* promising discovery we've found, and we thought you should know about it.

Study concludes nutrient is 80 times more effective than vitamin E

Astaxanthin [as-ta-zan-thin] is a xanthophyll (a derivative of the pigment, carotene). It's found in certain varieties of algae and produces a pink tint in the flesh of fish that consume it (namely, salmon, shrimp, crawfish, crab, lobster, and trout).

Laboratory research has demonstrated that astaxanthin has exceptional capabilities as an antioxidant (an agent that prevents the oxidation or mutation of cells) and an anti-inflammatory.^{1,2} In recent animal studies at the College of Human Ecology in Seoul, Korea, astaxanthin protected the liver from toxin damage and stimulated the body's own cellular

antioxidant system.³

Japanese researchers at the National Institute of Health and Nutrition conducted a placebo-controlled study on human subjects and found that astaxanthin inhibits the accumulation of LDL ("bad") cholesterol.⁴

Additional studies compared astaxanthin to other carotenoids and concluded that it's twice as effective as beta-carotene and nearly 80 times more effective than vitamin E at preventing oxidation within a chemical solution.⁵

Those results convinced some researchers that astaxanthin could quite capably deliver the same benefit as other antioxidants, namely lower the risk of cancer, heart disease, high cholesterol, neurodegenerative diseases, and other age-related ailments. Now, researchers also surmise that it may help you keep your sight.

Carotenoids cross blood-brain barrier to protect eyes

To give your eyes extra protection, you may already be taking eye-specific antioxidants like lutein and zeaxanthin. Known collectively as xanthophylls, these carotenoids are found most abundantly in corn, kiwi, red seedless grapes, orange-colored peppers, spinach, celery, Brussel sprouts, scallions, broccoli, and squash.⁶ And many people include these foods or xanthophylls supplements in their diets to help prevent ARMD and cataracts. (Cataracts, which sometimes appear to be caused by light-induced oxidation of eye cells, currently afflict 14 percent of Americans over the age of 40.)

What makes xanthophylls special is their ability to affect the eyes. Not all antioxidants can do that, since not all are able to cross the blood-brain barrier (BBB). The BBB is a protective mechanism designed to prevent infectious organisms and chemicals from entering the nervous system. This is an effective way to prevent illness from spreading to areas that control life itself, such as the brain. Unfortunately, it also stops beneficial substances, like many antioxidants, from protecting those same organs. Very few antioxidants can penetrate the BBB. Lutein and zeaxanthin can. And so apparently can astaxanthin.

University of Illinois researchers Mark O.M. Tso, M.D., D.Sc., and Tim-Tak Lam, Ph.D., made this

key discovery in tests on rats. In a successful petition to patent astaxanthin, they state, "The administration of astaxanthin also retards the progress of degenerative eye diseases and [benefits] the vision of the individuals suffering from degenerative eye diseases, such as age-related macular degeneration."⁷

Astaxanthin levels differ by 800 percent in wild and farmed fish

One simple way to benefit from astaxanthin is to include more fish containing this xanthophyll in your diet. Salmon is the richest source. However, not all salmon have the same chance to accumulate high levels of astaxanthin. Even though aquaculture operations supplement their fish food with astaxanthin, farmed salmon have dramatically less astaxanthin than do wild salmon. Different varieties of the fish raised in different stretches of ocean also contain different levels.

For example, farm-raised Atlantic salmon fed synthetic astaxanthin contain only 0.5 mg of the antioxidant in a 4-oz serving. Free-range sockeye salmon from the North Pacific that feed on wild microalgae containing natural astaxanthin, provides about 4.5 mg in a 4-oz serving.⁸ By eating the right salmon variety, you could increase your astaxanthin intake by as much as 800 percent.

Patented incubator maximizes xanthophyll's production

A potent source of astaxanthin is a microalgae called *Haemotoccus pluvialis* (*H. pluvialis*) that grows in the rocky coastal areas around Hawaii. Scientists at Aquasearch Inc., a local biotechnology company, have harvested samples of *H. pluvialis*, studied them, and created special cultivating techniques to maximize the microalgae's production of astaxanthin.

After building high levels of the antioxidant in the microalgae, Aquasearch subjects the plant to a special churning process to break open the cells and release the astaxanthin. Next, the algae are pasteurized and dried at a low temperature, and the astaxanthin is extracted and sealed in a softgel capsule. Aquasearch markets the formula under the name AstaFactor. For ordering information, refer to the Member Source Directory at the back of this report.

Chapter 3: Pain

SOOTHE YOUR PAIN ON CONTACT

Arthritis...backache...sore muscles... aching joints...sprains...strains. As we get older, it seems as if pain becomes a constant companion. Just getting out of a chair can become challenging, let alone enjoying simple pleasures like gardening and strolling through the park. Taking aspirin helps, but it can eventually tear up your stomach. And prescription drugs have side effects that only compound the underlying problem. About 50 percent of the population is suffering from occasional aches and pain.¹

Pain is an invitation to illness

Allowing pain to continue can compromise your immune system. The connection between pain relief and immune system defense is still being researched.

But according to scientists at the Johns Hopkins University (JHU) School of Nursing in Baltimore, preventing or relieving pain appears to bolster the body's immune response.

Most medical schools don't teach pain relief

Mainstream medicine is finally becoming aware of the need to relieve pain. Hospitals now have pain-management teams. Palliative care—a relatively new medical specialty—was developed to address pain relief. Pain centers are also opening across the country as more and more people look for relief. But they all concentrate on mainstream “cures”—drugs and surgery, which are rife with uncomfortable and even life-threatening side effects.

Unfortunately, doctors aren't receiving much training in medical school about pain intervention. According to a recent survey of oncology surgeons, 90 percent of respondents said they received 10 hours or less of medical-school education on palliative care and 79 percent said they received no more than 10 hours of instruction in palliative care during their surgical residency.²

Healed injuries can continue to flare up over time

Effective pain management is a complex issue, because your body responds with all its defenses to

protect and heal an injury. When you injure yourself, your body sends protective fluids, such as histamine, bradykinin, prostaglandin, and substance P, to surround and heal the area. But they can also irritate the injury over time.

Another problem associated with pain is referred to as the “snowball effect.” This is the result of pain caused by injury and inflammation, which in turn causes distress and, as a result, continued pain and inflammation. This cyclic pattern snowballs and results in discomfort even after the original injury has been healed.

While you may have done everything possible to heal an injury for good, that doesn't mean the hurt will leave once your injury has healed. Most people can relate to occasional flare ups from past injuries, or subsequent pulled muscles or aching backs that come from trying to compensate for the original injury.

Putting a stop to the pain cycle

Finding a way to stop the pain cycle has been a goal of Health Sciences Institute panelist Jon Barron. Recently, he teamed up with Ron Manwarren of Royal Botanicals in the development of a unique topical pain reliever that is safe and completely free of the side effects of dangerous pharmaceutical pain killers. While Barron was refining an all-natural transport system that would send herbal extracts through the skin. Manwarren had just finished formulating a healing oil based on traditional herbs—but lacked a botanical-based foundation to transport it. When Manwarren brought his new formula to Barron, their combined efforts resulted in a formula available in a product called Soothanol X2. While over-the-counter topical products commonly contain one, two, or three pain-relieving substances, such as methyl salicylate, menthol, and camphor, Soothanol X2 has 10 proven painkillers.

Because Soothanol X2 is an easy-spreading and potent liquid, only a few drops are needed. Soothing pain relief is delivered on contact. In fact, we tested it informally here at the Health Sciences Institute Baltimore office.

The scented ingredients in Soothanol X2 are mild—contrary to the overpowering smells of most

over-the-counter products. Although cayenne can deliver a warming or hot sensation, much of that sensation depends on the type of injury you're treating and your sensitivity to cayenne. Of the five people who tested our sample bottle here in the office, only one commented that he felt an uncomfortable amount of heat.

Because a little goes a long way, the cost per application is extremely economical. See the Member Source Directory for ordering information. Unfortunately, this product is not available in Australia. Many of us struggle with pain, so it's a relief to finally find something that provides safe, effective temporary relief.

TIBETAN MEDICINE RELIEVES CHRONIC LEG PAIN

There are few things worse than losing your freedom to walk—not being able to go where you want to go or do what you want to do. But it's what thousands face each day, due to the often excruciating pain of intermittent claudication, a condition in which a decrease in blood to the legs brings about a reduction in oxygen to your lower extremities (which triggers the pain). The more you walk, the more oxygen is needed by your legs; hence, the greater the discomfort. This disorder can lead, if left untreated, to gangrene, and is linked to other serious health problems, such as hardening of the arteries and heart disease.

Mainstream medicine has little to offer. You can try a medication like Pentoxifylline, with undesirable side effects (including extreme dizziness and vomiting) and questionable effectiveness.¹ Or, as is often the case with Western medicine, you can opt for the ordeal of surgery.

An effective solution without side effects

But thankfully, you don't have to settle for the limited choices of the West. Eastern medicine has a better option—one that's both effective and free of side effects. Padma Basic is an herbal mixture from Tibet that's quickly proving to be a powerful treatment for intermittent claudication. Formulated over 2,000 years ago, the preparation is a complex combination of 19 different herbs that combine to produce a powerful antioxidant.

While the mixture was originally intended to treat illnesses brought on by the overconsumption of meat, fat, and alcohol, its broader uses are now being discovered.

In a dramatic double-blind placebo study held in 1985, intermittent claudication patients on Padma were found to have a 100 percent increase in the distance they could walk pain-free. In addition, the drug was well tolerated by the patients.² Since then, a series of studies have confirmed these original results.³⁻⁶

Not surprisingly, the phenomenon of Padma has spread from the mountains of Tibet through Israel, Switzerland, England, and the rest of Europe. Now, Padma Basic is available to HSI members through the Nutri Centre in England. They've set up a U.S. order bank, to make it easier for our American members to obtain this fantastic product.

The recommended dosage for Padma Basic is 2 tablets taken three times a day for the first four weeks. After that, take 2 tablets daily. Please be aware that it could take a minimum of three months for you to receive the full benefit of this treatment. Refer to the back of this report for ordering information.

Chapter 4: Chronic Disease

RED DEER ANTLER VELVET: A GROWTH-HORMONE CONNECTION

An ancient scroll recommends deer antler for 52 different diseases. It is a substance that has a credible history of effective use in Chinese herbal medicine that goes back at least two millennia, and it continues to be widely used throughout Asia. It has been scientifically proven to strengthen muscle contractions, improve nerve impulses, regulate blood pressure, and treat arthritis.

What is antler velvet?

The velvet is a fuzzy membrane—on the outside of the antlers—that contains and distributes the blood and nutrients that support the new antler's growth. The antler velvet is rich with important growth factors, leutinizing hormone (the hormone stimulating testosterone synthesis), and prostaglandins and contains additional elements that could be effective against cancer and arthritis.

It is not surprising that several elements are present in such a complicated substance. Some examples:

- Insulinlike growth factors, which encourage cells to consume fat rather than sugar which build protein necessary for strengthening the immune system
- Prostaglandins, which help control a wide range of physiological functions, including reduction of inflammation—especially important to athletes and arthritis sufferers
- Velvatins, which include a nucleoside demonstrated to have value in cancer therapy and AIDS treatment (Nucleosides are the building blocks of DNA and RNA, the masters of cellular function.)
- Pantocrine, shown in a 1974 Russian study by Dr. Arcady Koltun to increase athletic performance¹
- N-acetyl-glucosamine sulfate, for wound healing
- Chondroitin sulfate, which, along with glucosamine, is an effective agent against arthritis

Despite this product's long history of medicinal use, however, authoritative studies on its use are scarce. Still, what research that has been done indicates a number of benefits:

- Research from 1989 shows that constituents of deer antler velvet are anti-inflammatory.²
- A Russian study claims to demonstrate that young men score better on intelligence tests after using it.
- Japanese researchers showed that it increases the number of blood components related to the immune system.
- In New Zealand, studies at the Invermay Research Center indicate that antler extracts improve cell growth and have antitumor and antiviral properties.
- And in China, researchers at the Chinese Academy of Medical Sciences in Beijing found that nutrients in deer antler increased the number of cell replications from about 60 to 180.

A promising look ahead

Future uses are likely to include treatment of a wide range of degenerative diseases, especially arthritis. Deer antler velvet continues to show great promise as a natural source of growth-hormone precursors, useful for achieving both athletic and weight-reduction goals. For information on purchasing red deer antler velvet, refer to the back of this report.

AMAZON “STONE BREAKER” STOPS KIDNEY STONES—FOR GOOD

From the depths of the Amazon rain forest comes an herb that not only helps expel kidney stones, but actually blocks them from forming. The locals know it as chanca piedra, the “stone breaker,” and have been using it for generations.

Don't get stuck in the dangerous stone cycle

As you may already know, kidney stones are formed when urine becomes too concentrated—usually due to chronic dehydration, infection, various kidney disorders, deficiencies in magnesium, and excess purines or oxalates in the diet.

Calcium in the urine, often mixed with oxalate (a salt) or uric acid, gradually forms deposits in the kidneys. Eventually, the small sand-like particles will

make their way into the urinary tract, to be painfully passed during urination. When symptoms occur, they usually begin with a dull throb in the back and side. As the stone makes its way further down the urethra, the dull throb becomes a sharp pain, which continues, and sometimes worsens, until the stone has passed. There may also be blood in the urine, at this point.

The risk comes when the stone gets too large to pass. If left untreated, it can shift and block the urine flow, possibly injuring the kidney. If the stone isn't removed immediately, it could result in kidney failure. Once they grow too large, the stones will have to be either crushed into smaller pieces via lithotripsy or removed surgically. You're much better off if they're expelled before they get too big. Chanca piedra can help you do that.

94 percent successful in eliminating stones

Chanca piedra has proven to be a potent antispasmodic. In other words, it prevents muscle spasms while at the same time, facilitates the expulsion of kidney stones by helping to relax the smooth muscle tissue in the ureter and bladder walls.¹

The urinary tract is a tight, narrow tube. Chanca piedra relaxes that tube, opening it up and letting the stones move down with much greater ease. And greater ease means less pain.

How successful is chanca piedra in expelling stones? Dr. Wolfram Wiemann of Nuremberg, Germany, an advocate of the herb, investigated the question. After carefully reviewing over 100 case studies, he found the herb 94 percent successful in eliminating stones.²

Chanca piedra prevents stones from forming

In a 1999 study, researchers confirmed that chanca piedra has a "potent and effective" inhibitory effect on the formation of calcium-oxalate crystals (the building blocks of most kidney stones). Not only that, but this effect was found even at very high levels of calcium oxalate.³ There's something in the chemical makeup of the herb that prevents stone formation, though the researchers were unable to determine precisely what it is.

How to get relief—now

Raintree Nutrition, a company dedicated to getting little-known rain forest cures into the U.S. market, carries a potent chanca piedra extract. It comes in a 2-ounce bottle which is roughly a month's supply. They recommend taking 30 drops, once or twice daily.

If you're suffering from the fear and agony of kidney stones, you need to give chanca piedra a try. Apart from occasional cramping from stone expulsion, it has no side effects. And the herb has proven itself, both in clinical practice and in the laboratory.

Refer to the back of this report for ordering information.

HERBAL-TEA EXTRACT LOWERS BLOOD SUGAR AND HELPS PATIENTS LOSE WEIGHT— WITHOUT CHANGES IN DIET OR EXERCISE

Diabetes afflicts over 16 million Americans. The American diet—processed foods high in sugar, low in fiber, and virtually devoid of nutrients—combined with a sedentary lifestyle, has caused the disease to spread rapidly. But Type II diabetes (noninsulin dependent) doesn't happen overnight. It usually takes five to 10 years before a recurring set of circumstances repeats itself enough times and causes enough damage to result in diabetes.

Gerald M. Reaven, M.D., of Stanford University Medical Center, coined the term "Syndrome X" to describe the blood-sugar disorder that leads to Type II diabetes. If you have Syndrome X, you're insulin resistant—a dangerous situation since insulin processes the sugar in your blood and converts it to glycogen, which is stored in your liver and muscles for later use.

In the case of insulin resistance, your cells don't respond quickly enough to insulin production and you have high blood-sugar levels for longer periods of time. Your body senses that there's too much blood sugar and produces even more insulin.

Instead of being processed by the extra insulin, your body responds negatively and keeps your blood sugar levels high. This is a self-perpetuating cycle that leads to increased resistance to insulin and even higher levels of blood sugar. As a result,

your cells don't get the energy they need—leaving you tired and groggy. Your body responds to this condition by craving more sugar for fuel. So you eat again, flooding your system with even more glucose, and heading down the road to Type II diabetes.

Although Type II diabetics usually produce insulin, their bodies are unable to process insulin efficiently and would benefit from a supplement to help transport glucose out of the blood and convert it to glycogen for storage. In some cases, Type II diabetics don't produce sufficient amounts of insulin and may require oral medication or insulin injections.

If you have Syndrome X, it's very likely that you also have elevated triglyceride levels, low HDL ("good" cholesterol), high LDL or VLDL ("bad" cholesterol), high blood pressure, and the slow clearing of fat from the blood.

Factors that increase your risk of contracting Syndrome X include stress, obesity, lack of physical activity, high-carbohydrate intake, a low-fiber diet, excessive alcohol consumption, polycystic ovaries, and smoking. If you're in the high-risk group for Syndrome X and don't do anything to improve your situation, you'll most likely end up with Type II diabetes. While many of the risk factors can be addressed through changes in your lifestyle, reducing blood-sugar levels hasn't been very easy if you're insulin resistant. Until now.

Banaba plant lowers blood sugar by 32 percent—in just three weeks

The banaba is a medicinal plant commonly found in the Philippines and Southeast Asia. Its leaves were traditionally brewed to make a tea used to counteract diabetes and high blood sugar. Researchers found that corosolic acid was the active ingredient in the leaves, so they standardized the extract and created a product called Glucosol.™

William V. Judy, Ph.D., of the Southeastern Institute of Biomedical Research in Bradenton, Florida, used Glucosol in animal and human clinical trials to determine if its effects could help mild-to-moderate Type II diabetics reduce their blood-sugar levels. Last year, Dr. Judy conducted five human clinical trials (unpublished) that attempted to reduce diabetics'

elevated fasting glucose levels, which averaged 150 milligrams/deciliter (normal levels are 70-110 milligrams/ deciliter).

In the first study, 22 Type II diabetics were given 16, 32, or 48 milligrams of Glucosol per day. The resulting decrease in diabetic symptoms was nothing short of astounding. Patients receiving 48 milligrams per day had the most pronounced decrease in their blood-sugar levels. After just 20 days, they reduced those levels by an average of 32 percent and lost an average of two pounds without making any changes in their diet or exercise regimen. Three other studies using 48 milligrams of Glucosol per day duplicated those significant blood-sugar reductions. The herb appears to work by improving the rate at which sugar is transported out of your blood but doesn't reduce your blood sugar excessively.

Glucosol helps you lose weight without disrupting normal blood-sugar levels

To determine if weight loss could be experienced by nondiabetics who take the herbal extract, Glucosol was given to 10 test subjects who did not have a history of blood-sugar disorders. The patients were supplemented with 48 mg of Glucosol every day for 30 days. By the end of the test period, the average weight loss experienced by the normal subjects was 2.4 pounds. Two weeks after the end of the test period, the patients had not only maintained their weight loss, they had lost even more weight! Their average weight loss increased slightly to 2.6 pounds. None of the subjects experienced any difficulty with hypoglycemia (low blood sugar), which indicates that Glucosol doesn't transport more sugar out of your blood than is required.

With Glucosol, diabetes doesn't have to be the road to serious health problems

Glucosol and insulin supplements work in different ways. The risks you experience with insulin supplements—either too-low or too-high blood sugar levels—don't happen with Glucosol. Available without a prescription, this herbal extract can help you get control of your blood-sugar levels and avoid the serious consequences of diabetes.

Glucosol is available as Sugarsolve. For ordering information, see the Member Source Directory.

Member Source Directory

Astafactor, Mera Pharmaceuticals, Inc, 73-4460 Queen Kaahumanu Hwy, Suite 110, Kailuakona, HI 96740, tel. (800)480-6515 or (808)326-930, fax (808)326-9401, www.astafactor.com.

Chanca Piedra, Raintree Nutrition Inc, 3579 Hwy 50 East, Suite 222, Carson City, NV 89701, tel. (800)780-5902, fax (775)841-4022, www.rain-tree.com.

Oralmat, Nutricology, 2300 North Loop Road, Alameda, CA 94502, tel. (800)545-9960 or (510)263-2100, www.nutricology.com.

Padma Basic, EcoNugenics, Inc, 2208 Northpoint Pkwy, Santa Rosa, Ca 95407, tel. (707)521-3370.

Petadolex, Natural Health Consultants, P.O. Box 1091, Vallejo, CA 94590, tel. (888)852-4993 or (707)554-1820, fax (707)647-3055.

Potter's Acidosis, Potter's Herbal Supplies, Ltd, Wigan WN1 2SB, United Kingdom, tel. 011-44-1942-405100, fax 011-44-1942-820255, www.goodnessdirect.co.uk; www.herbal-direct.com; www.academy-health.com.

Symbiotropin, Center for Natural Medicine Dispensary, 1330 S.E. 39th Ave, Portland, OR 97214, tel. (888)305-4288 or (503)232-0475, fax (503)232-7751, www.cnm-inc.com.

Red Deer Antler Velvet, Lifestar Millenium, Inc, Box 8069, Asheville, NC 28814, tel. (877)793-4191 or (702)953-7050, fax (415)259-4066.

ReVitaMan, NorthStar Nutritionals, P.O. Box 925, Frederick, MD 21705, tel. (800)728-0684, ID#:NSNVRV, www.northstarnutritionals.com.

Soothanol X2, NorthStar Nutritionals, P.O. Box 925, Frederick, MD 21705, tel. (800)913-2592, ID#: MBR009, www.northstarnutritionals.com.

Sugarsolve, Harmony Company, P.O. Box 93, Northvale, NJ 07447, tel. (888)809-1241 or (860)426-1518.

Ultra H-3, Uni Key Health Systems, Inc, 181 West Commerce Drive, Hayden Lake, ID 83835, tel. (800)888-4353, fax (208)762-9395, www.unikeyhealth.com.

(We regret that not all products and services are available in all locations worldwide.)

The above statements have not been evaluated by the U.S. Food and Drug Administration.
These products are not intended to diagnose, treat, cure, or prevent any disease.

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